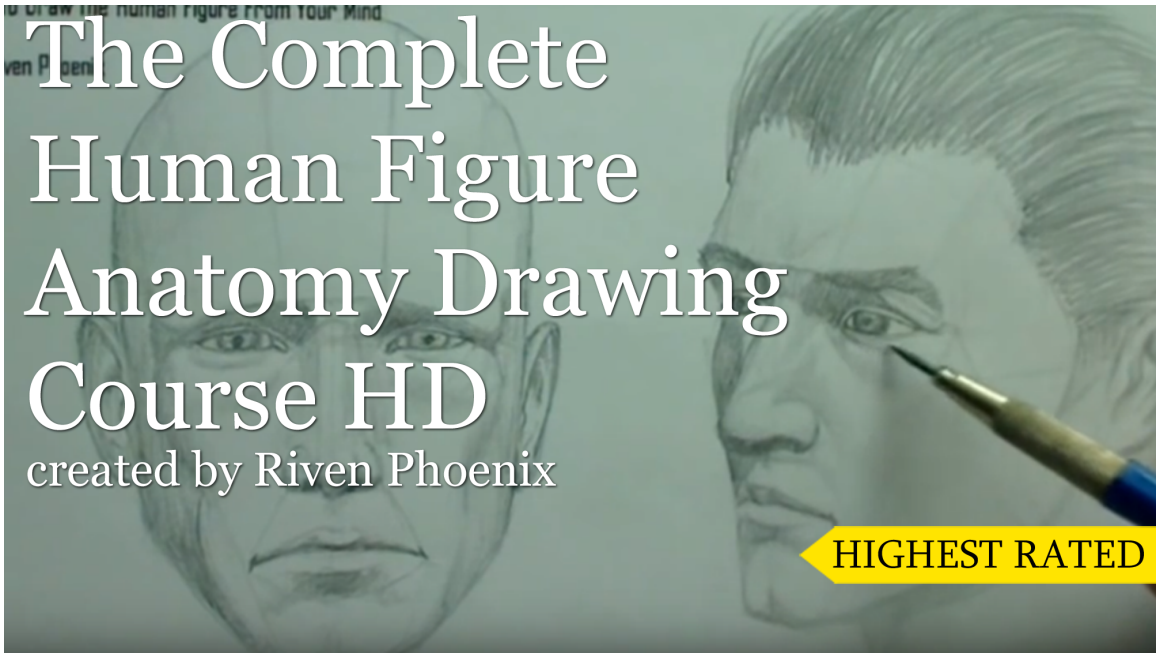

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 107 - Creating The Powerful Mannequin System - Part 4

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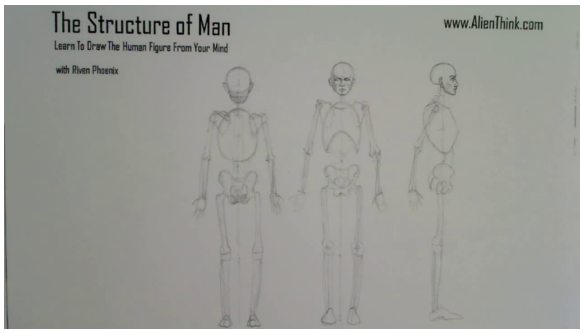
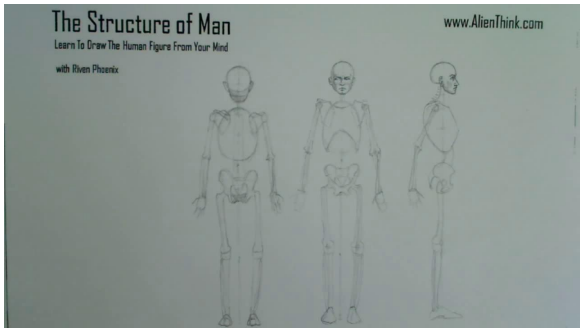
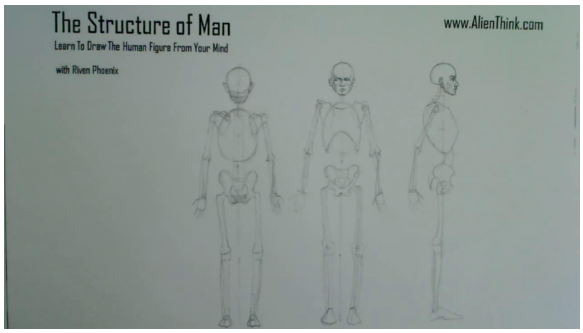
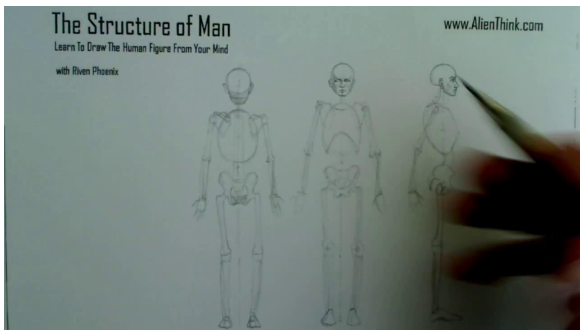
1		Hey guys, my name is Riven Phoenix and welcome to the structure of men learn to draw the human
2		figure from your mind training course.
3		Okay, so in the previous lesson we basically completed our understanding of basically
4		you can consider this a major milestone because we now can draw the head much more realistically

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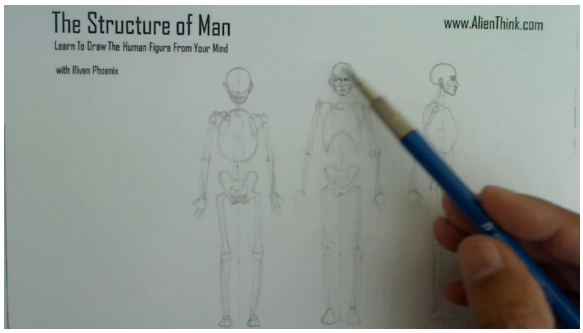
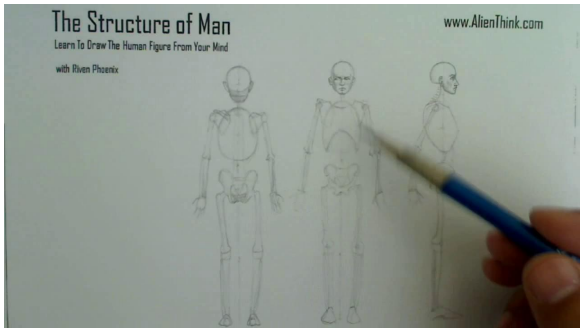
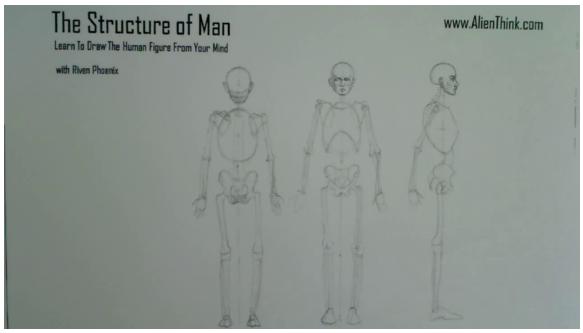
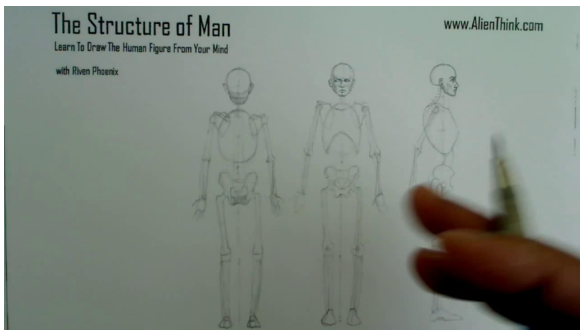
5		forcing the mind to now understand this part of the human body.
6		So now we're going to come up with a very powerful system which is really a mannequin system
7		that only we understand how it works, right?
8		And this will allow us to draw really the human figure in any post that we want after

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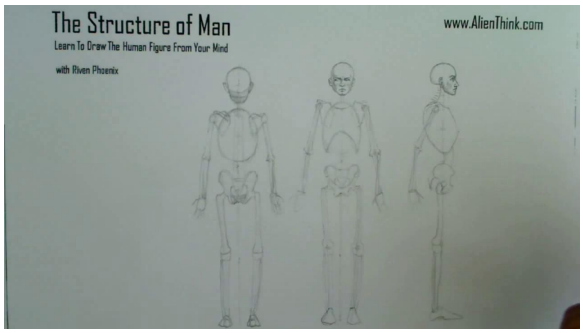
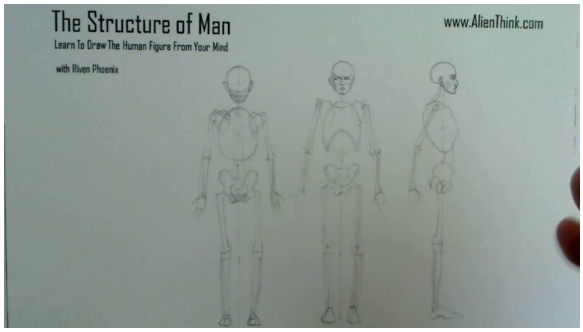
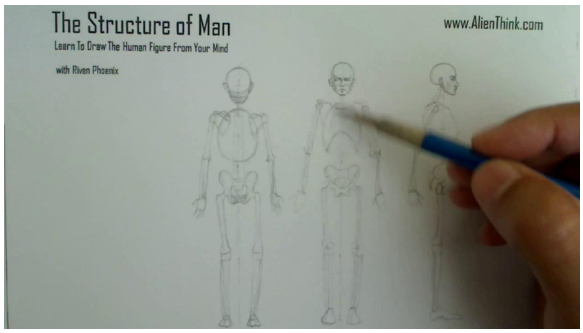
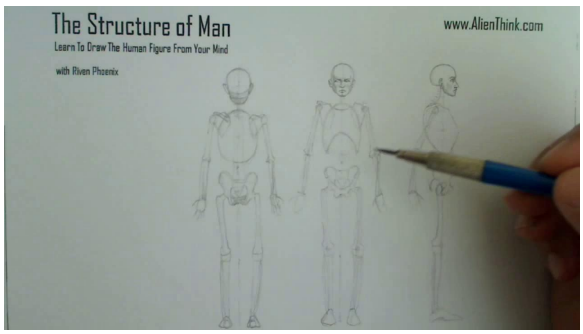
9		this exercise, right?
10		So even using this system you can start to create your character designs, right?
11		So obviously the understanding of the muscles is going to be the key area here to be able
12		to draw the rest of the body in a life like mode.

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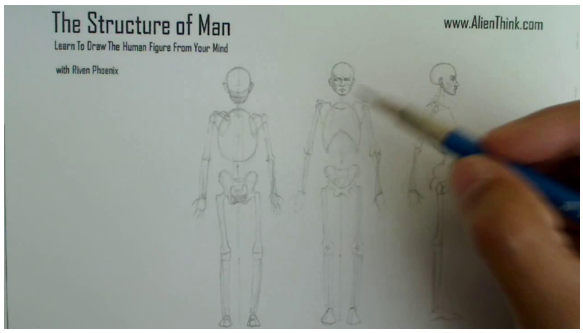
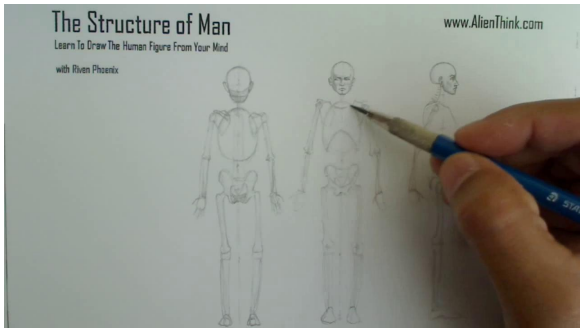
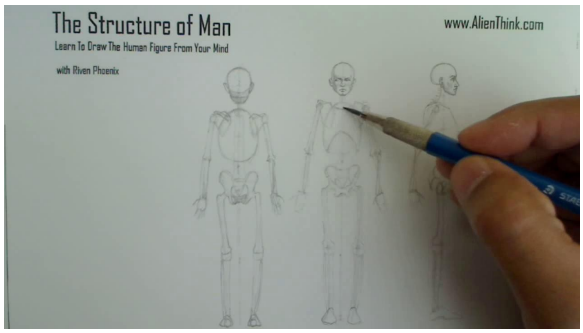
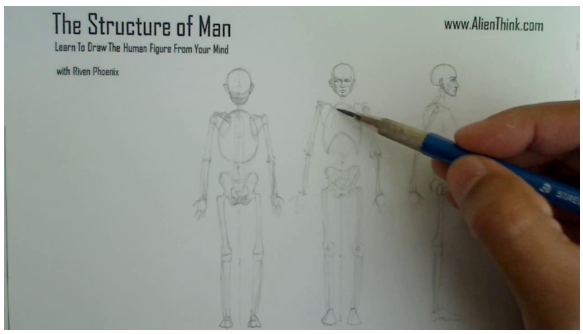
13		So the first thing that we're going to do is we're going to begin to understand some
14		of the basic concepts of this mannequin system.
15		So what we're going to do is we already know we're going to first start off with the neck,
16		okay?

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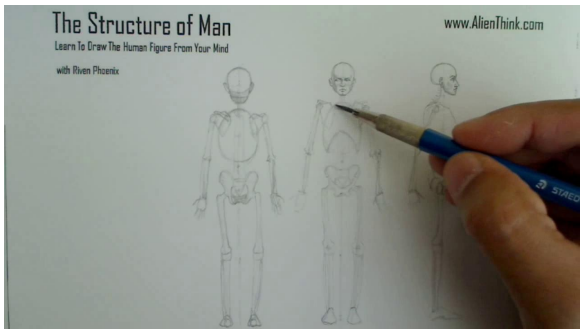
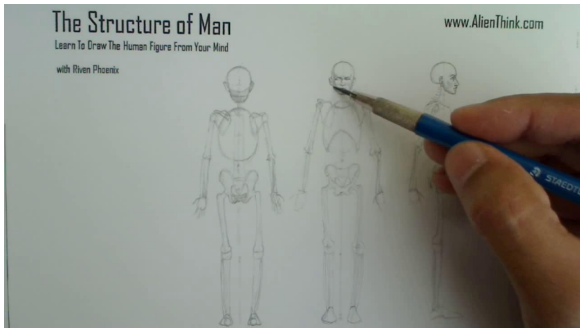
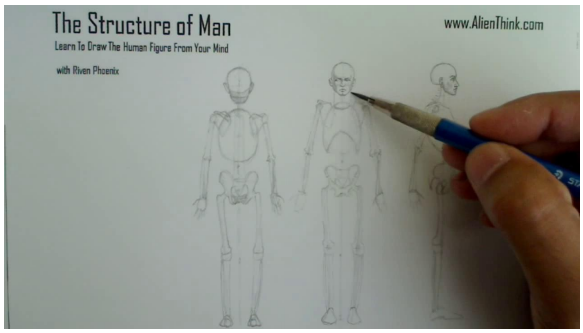
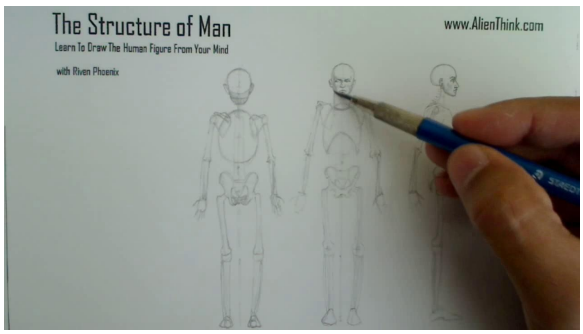
17		So the neck is we know it's going to be like this.
18		So basically we're just going to put it's we know that this is a cylinder, right?
19		So we're going to work on this area of the neck, we're just going to say look this
20		is just going to be a cylinder, helping the mind now begin to understand conceptually

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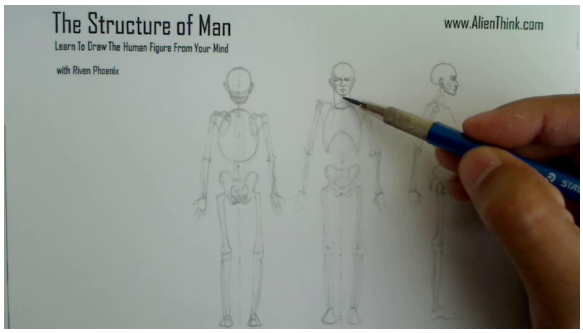
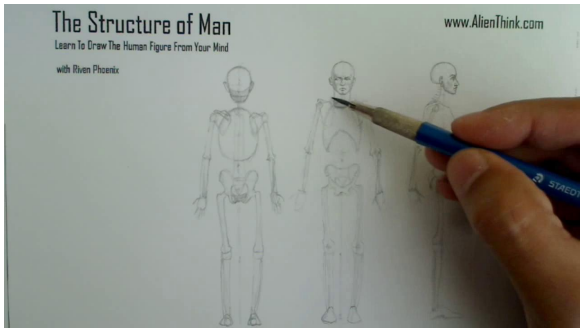
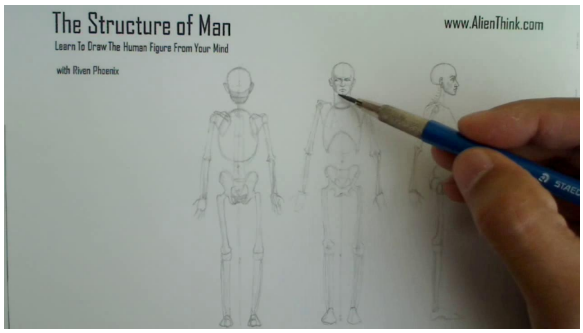
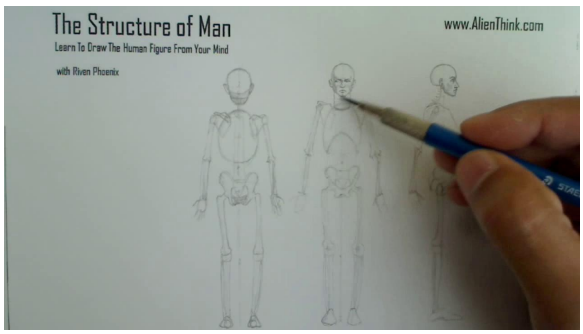
21		why the neck gets its length, this much over here, right?
22		We obviously know that the over here that's going to be like a muscle in the back is going
23		to go here, right?
24		I know you know that part, right?

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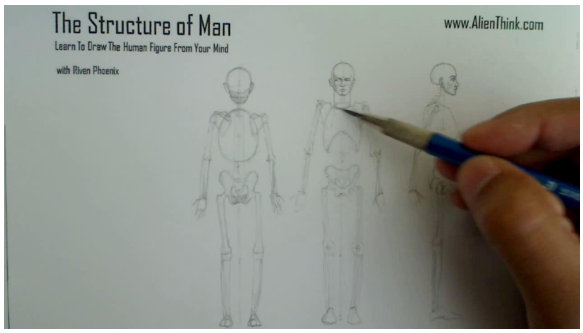
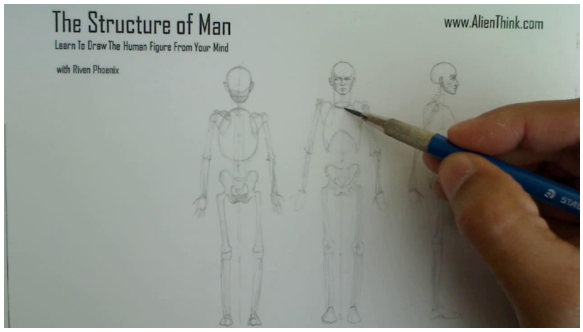
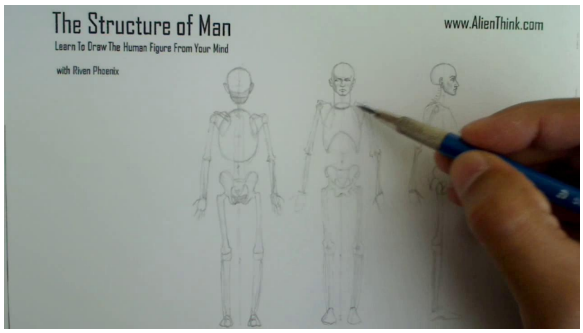
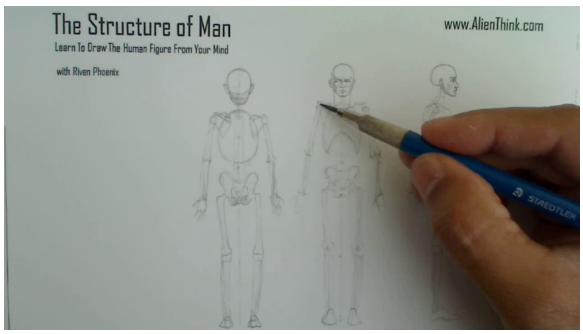
25		So just note that this is going to be over here.
26		So we know that when we get this neck we obviously are going to get the clavicle like this
27		and it's going to go over here that we didn't draw out, right?
28		So just keep that as an idea over here to the clavicle is here, right?

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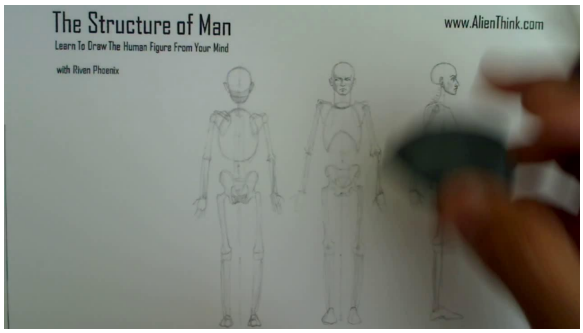
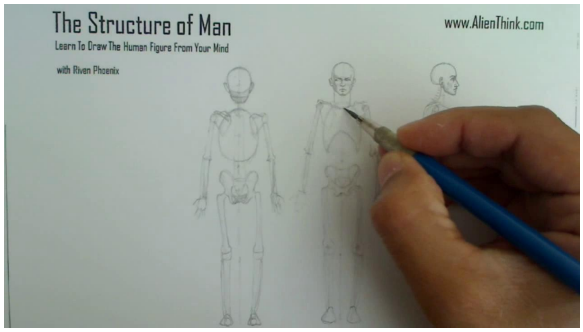
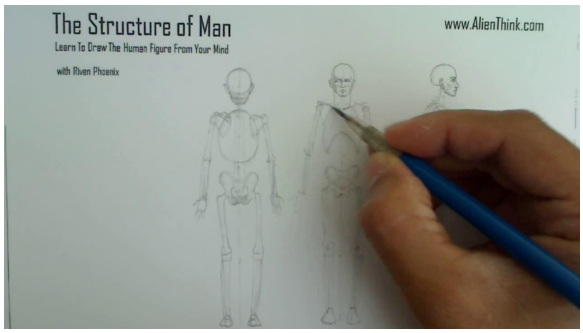
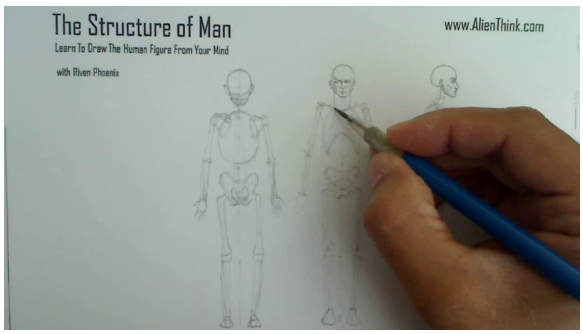
29		So to understand this a little bit better, reduce going to clean that up and know that
30		there's a space over here where the stair is and then we're going to get this clavicle
31		over here, right?
32		So this is our first conceptual idea of simplifying how to draw out the head and the neck, right?

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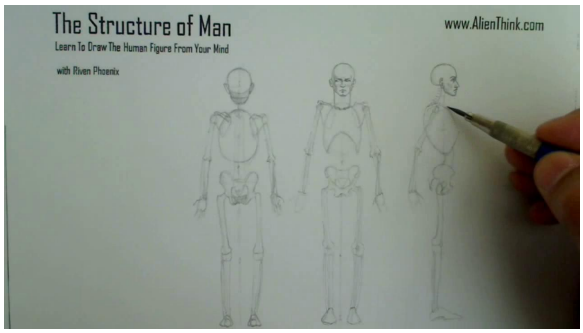
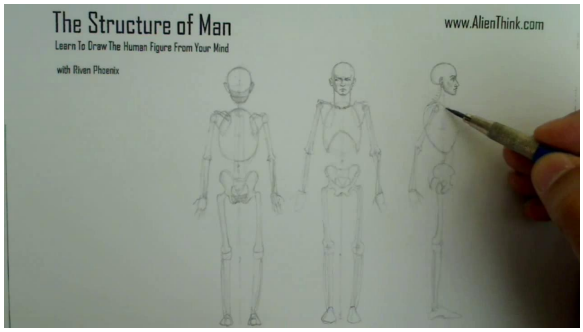
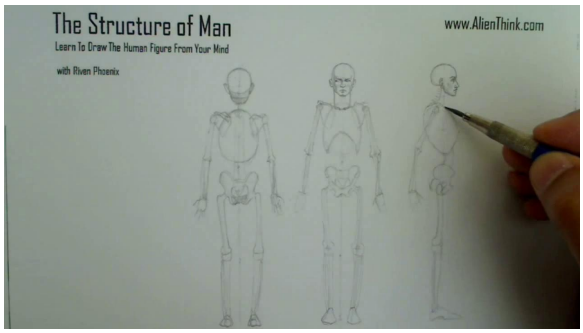
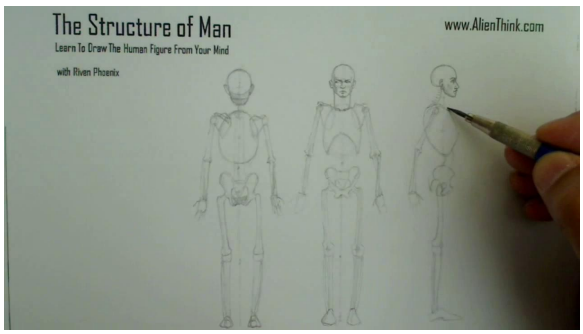
33		So if we look at this, one of the things that you should know is that where this clavicle
34		goes, right?
35		Where the clavicle meets here, the neck is going to be a little bit in, right?
36		It's going to actually appear here like this.

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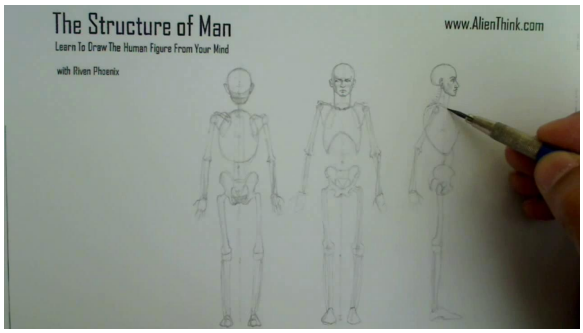
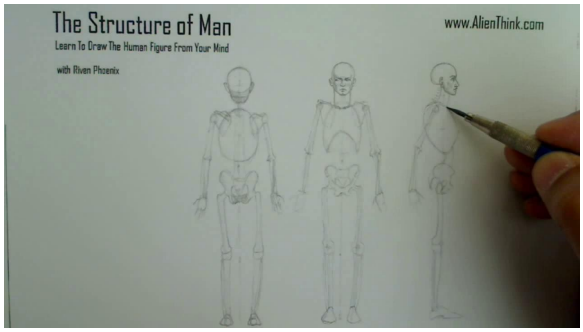
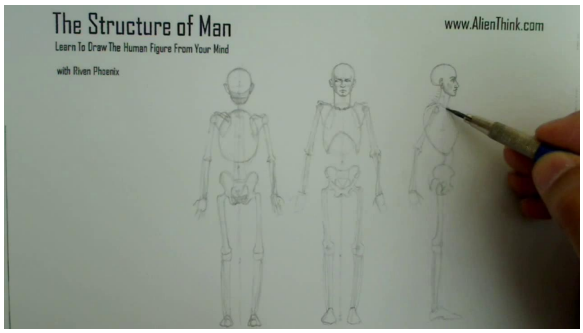
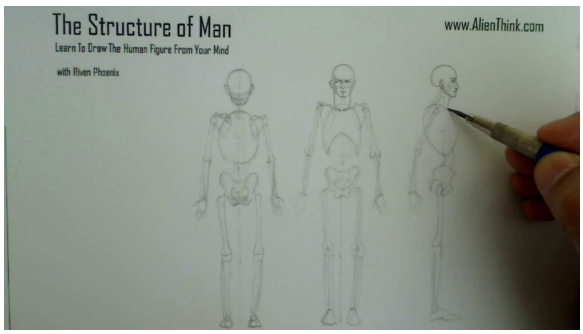
37		This is why you get this ditch over here, right?
38		There's a small nudge over here that you should be aware of.
39		So this will help us to understand, okay?
40		Not only this, now I'm beginning to understand where this is, I'm going to make an assumption

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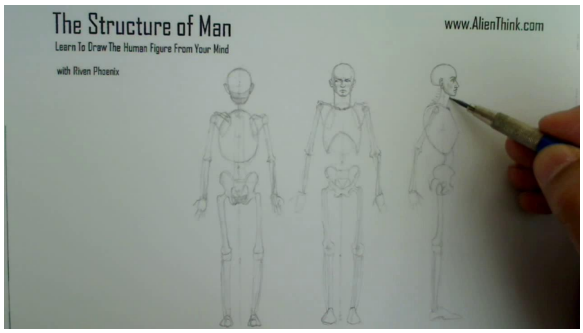
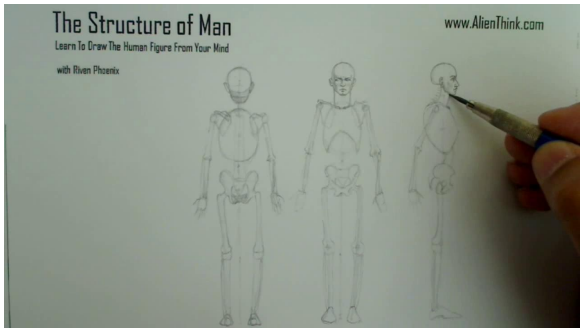
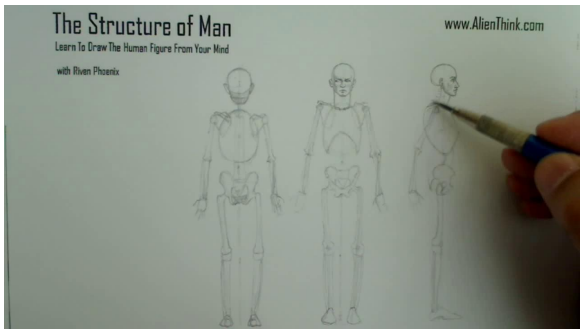
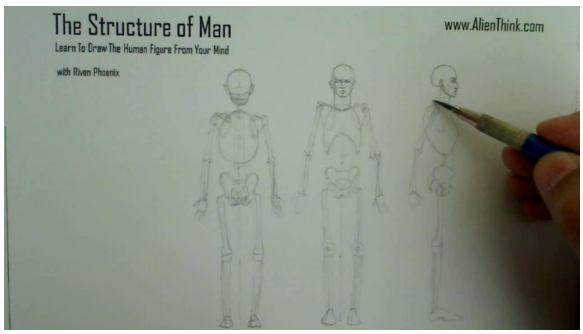
41		that it's going to be inside here like this, right?
42		We said halfway, so we're going to do it on an angle.
43		So from here we know that, okay, so really if we take this line with this bonus, right?
44		We know that the neck has to come here.

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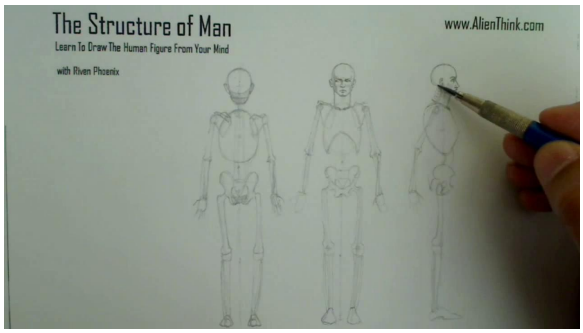
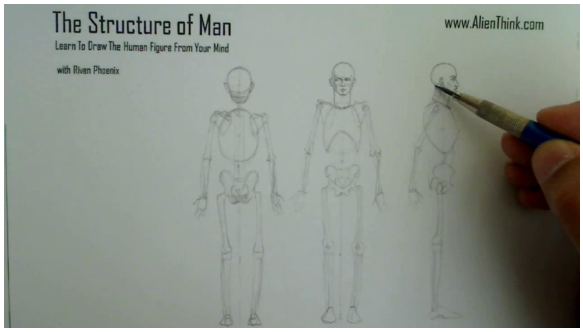
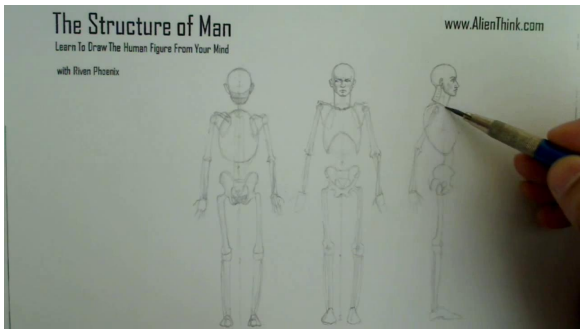
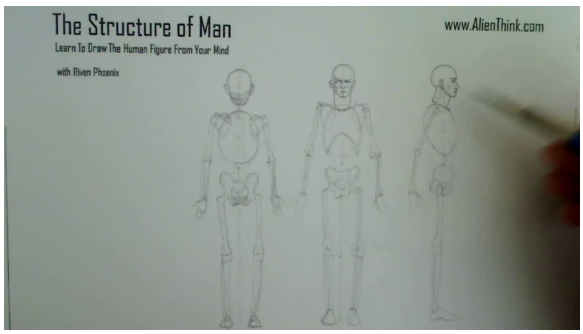
45		So this gives us a better understanding of how the neck will be meaning that obviously
46		here we can just join it like this, right?
47		So this is not going to be this angle over here, right?
48		It's always on an angle.

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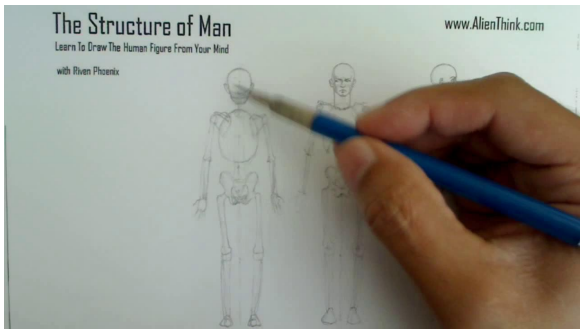
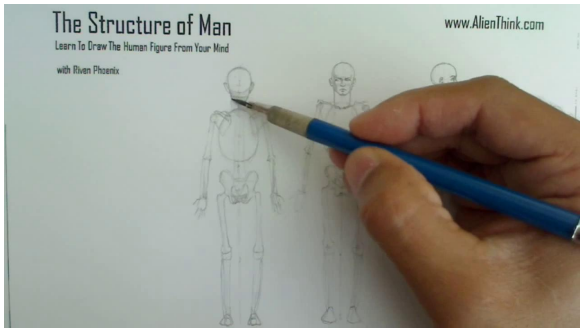
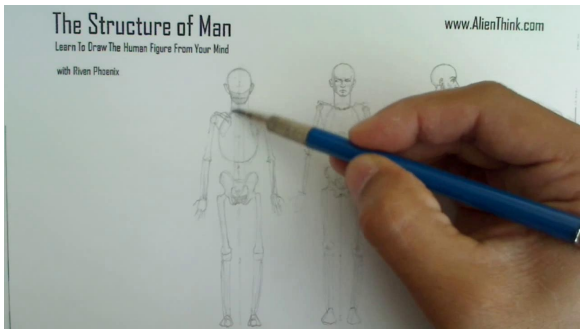
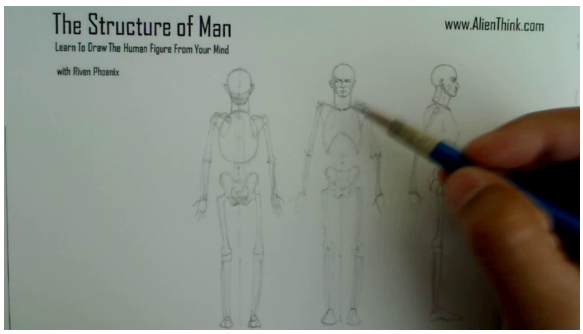
49		So from the back, it's going to be very simple.
50		We just do the same thing, but we do it this way, right?
51		We know that now our mannequin system is going to have this neck over here, okay?
52		So that's the first idea of this.

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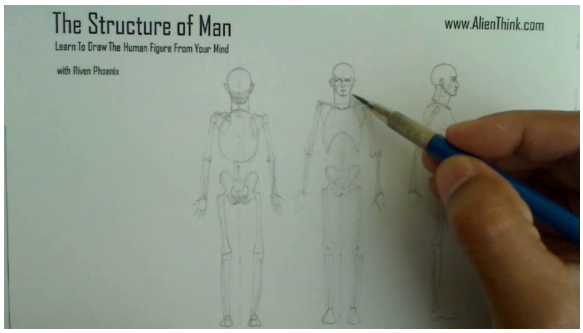
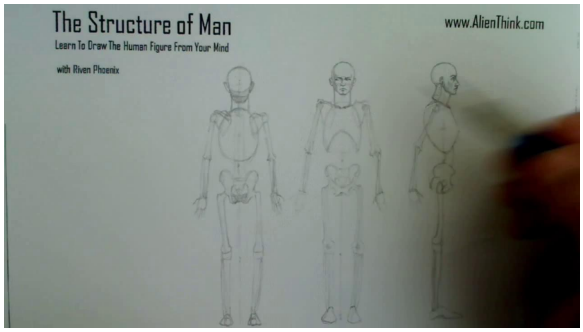
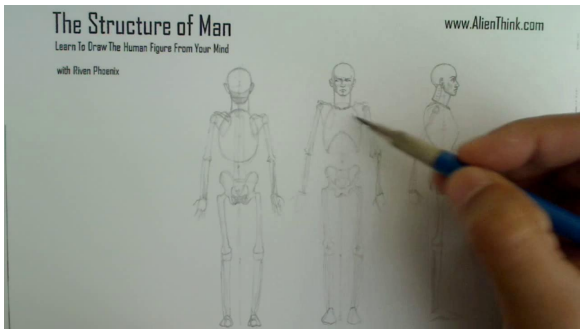
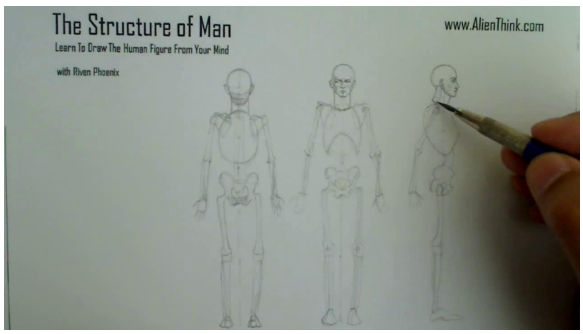
53		So this is something that we've made obvious that it's always going to be on this angle.
54		Okay, so now we're going to create a system of thinking of how to understand how to do
55		the chest cavity.
56		So first let's look at this from the side.

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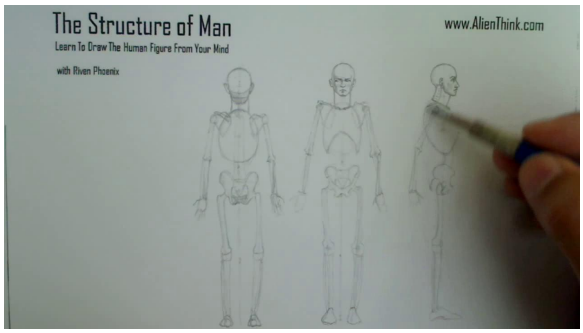
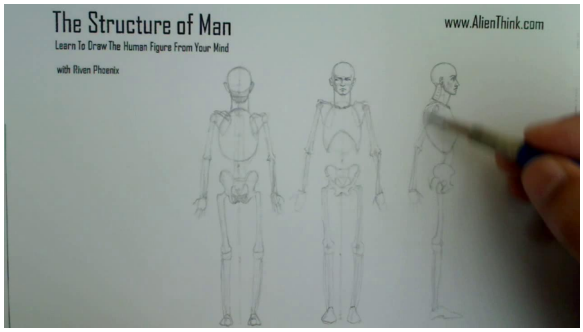
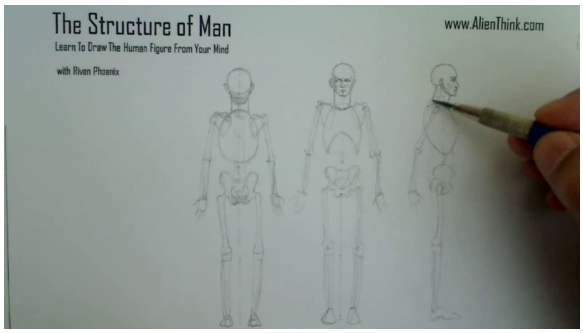
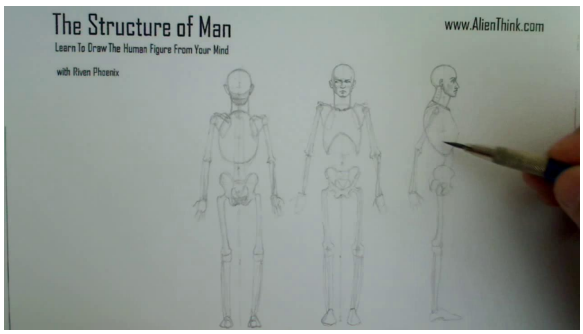
57		We're just going to keep the same ideas in the anatomical structure because it's going
58		to allow us to draw out the human figure, as I'll show you, it's going to be very easy.
59		So basically we just need to know, okay, I'm just going to remember about this.
60		This shape here is just going to be like this, it's going to be like this egg shape, right?

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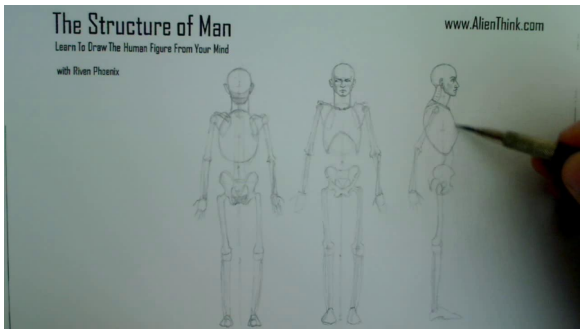
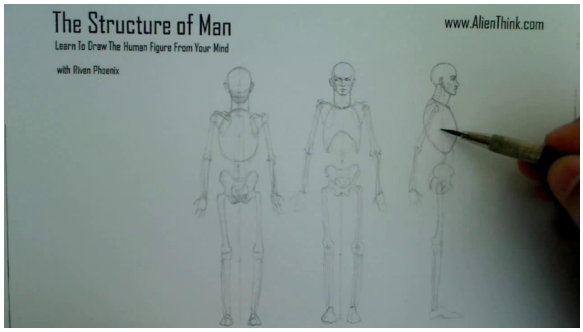
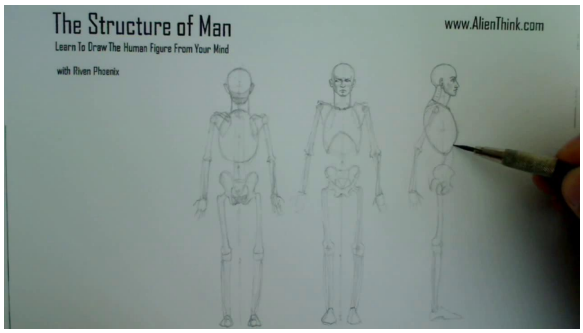
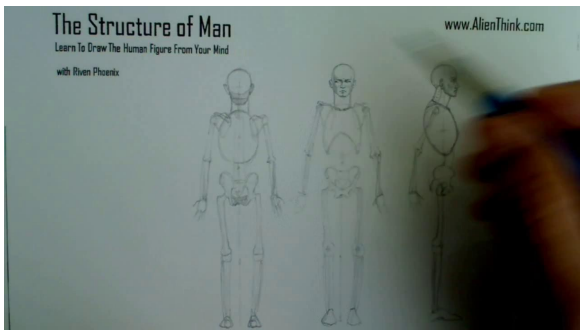
61		So we're going to simplify this thing that is just going to be like this, right?
62		We know where the more for the chest cavity is, it's going to be this very simple egg
63		shape, okay?
64		So what's going to happen from the front is basically we're going to change the understanding,

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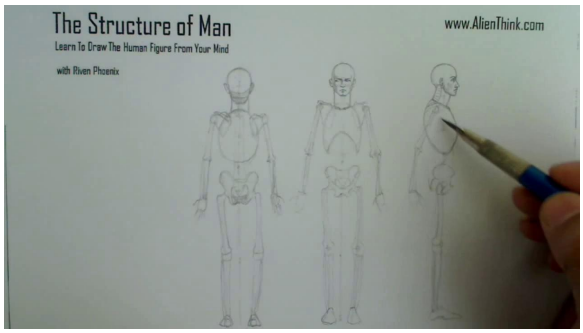
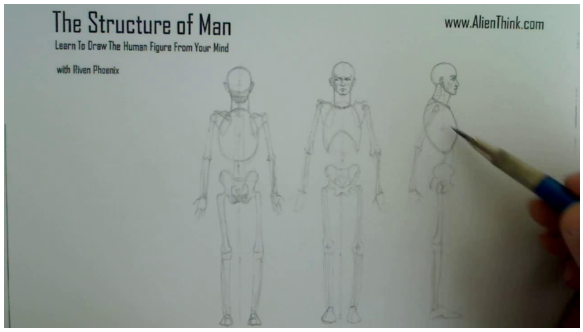
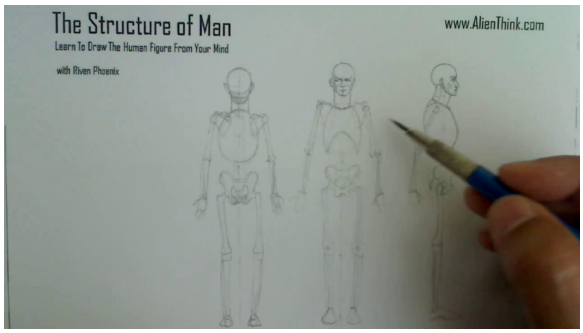
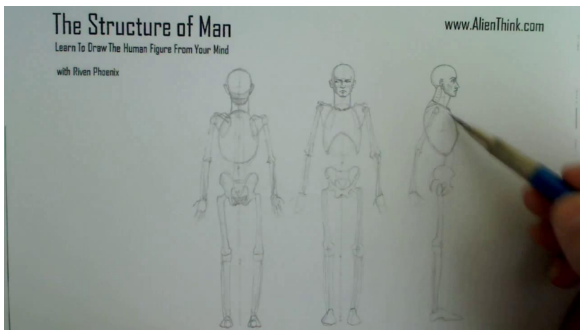
65		right?
66		There's absolutely nothing complicated about these ideas that I'm showing you, right?
67		There's really no reason to overthink them, but we have to understand some of the basic
68		concepts of them.

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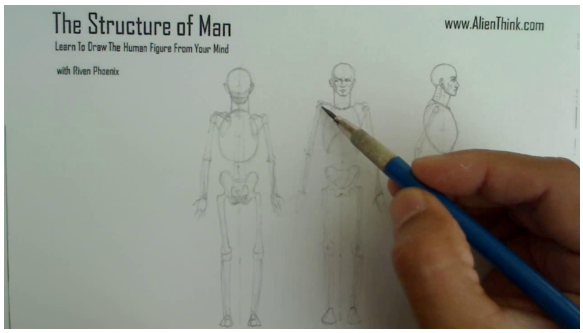
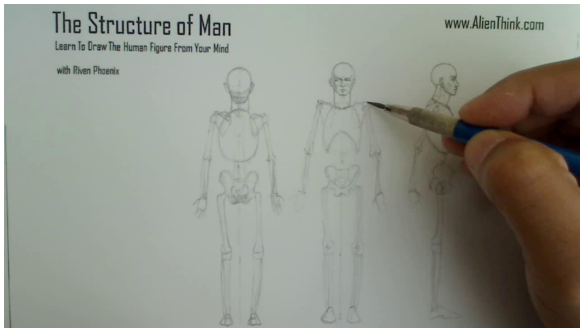
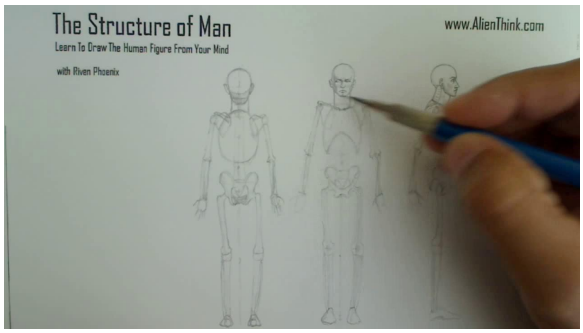
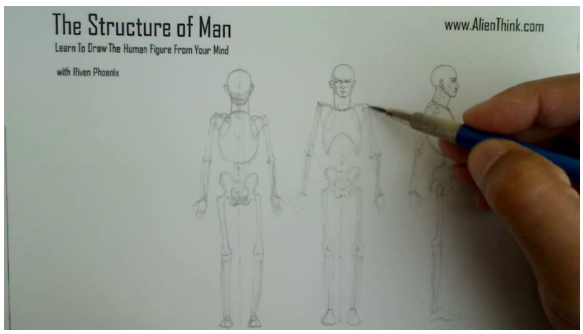
69		So what happens is that over here where this is, so we know that this is where the
70		clavicle is going to meet with that bone, right?
71		So this is a very key area that we can simplify this.
72		We're just going to say that from here to here, we're going to draw a line like this, right?

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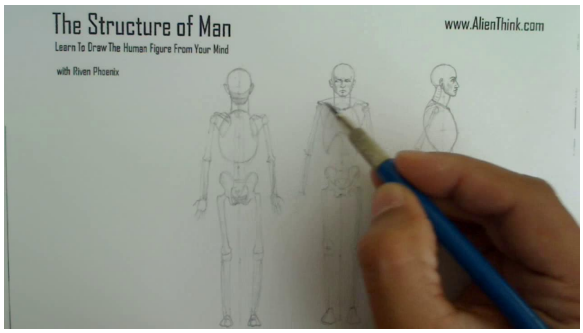
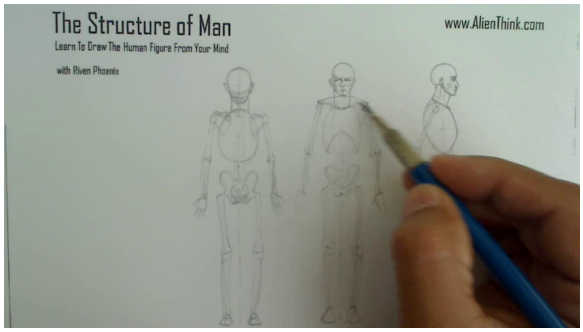
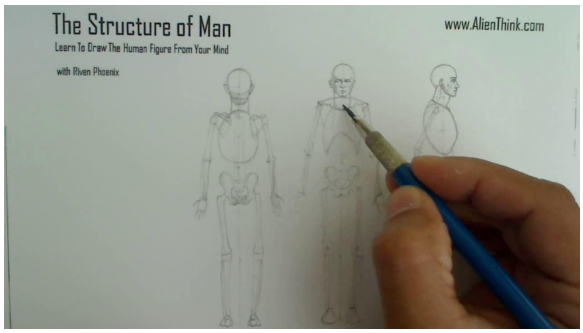
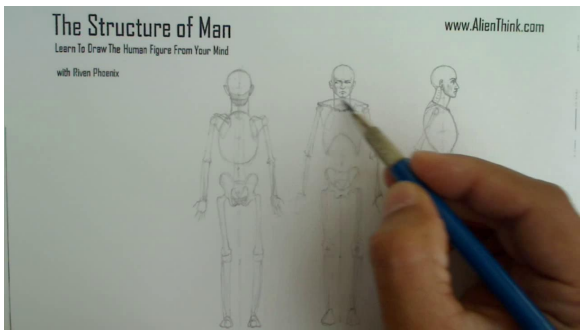
73		It's going to be a little curved like this, taking care of any of the connections that
74		we'll have later on, right?
75		It's a very look where this, the opening for the chest cavity is, so it's really just
76		going across, right?

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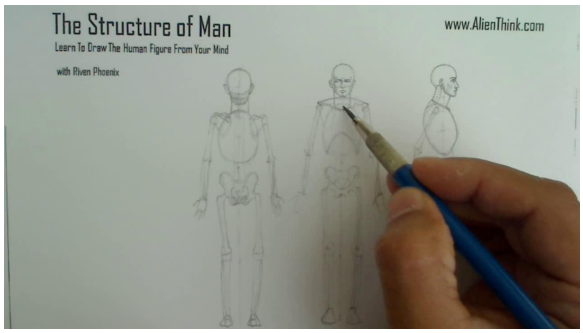
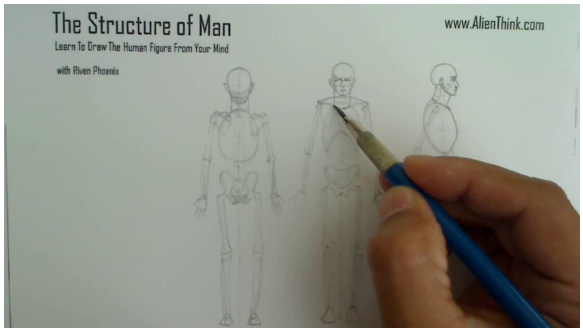
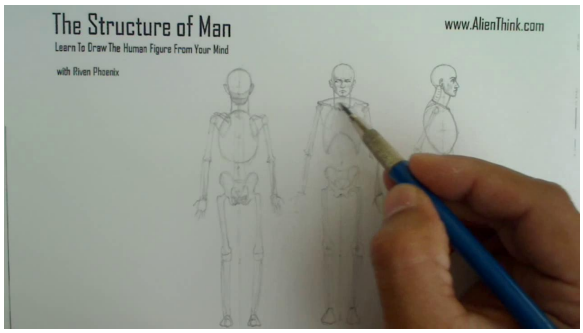
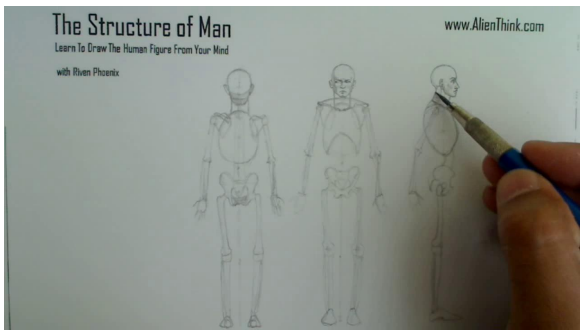
77		It does not matter to us if we can't really go down here, right?
78		Because this has to go up over here, right?
79		So it's, I know it's on an angle, like see this, it's on an angle over here.
80		So here we're just saying that conceptually we're just going to say that we're just going

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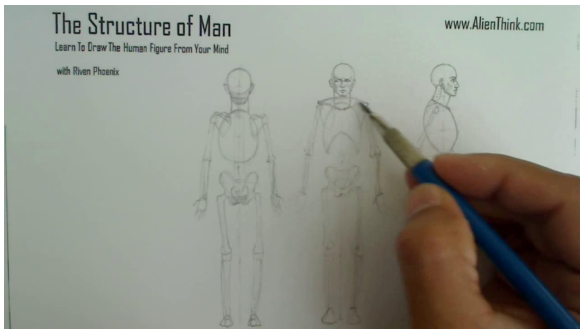
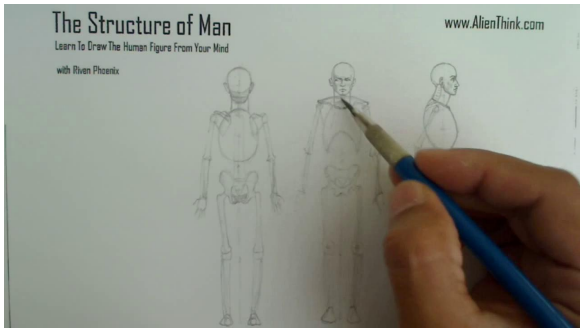
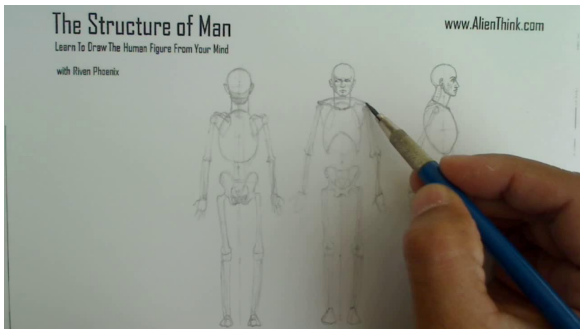
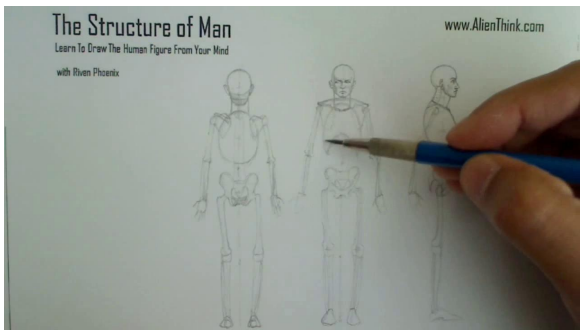
81		to do a line like this, right?
82		It doesn't matter, as long as we understand that the neck is here and then we have a line
83		like this over here, right?
84		So basically all we have to do is from here, we're just going to simplify this and say that

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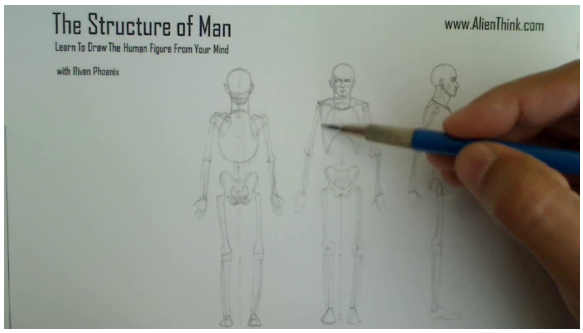
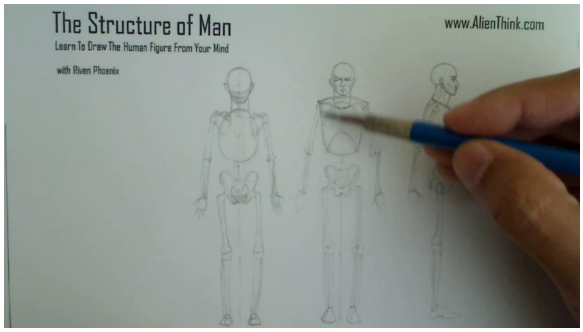
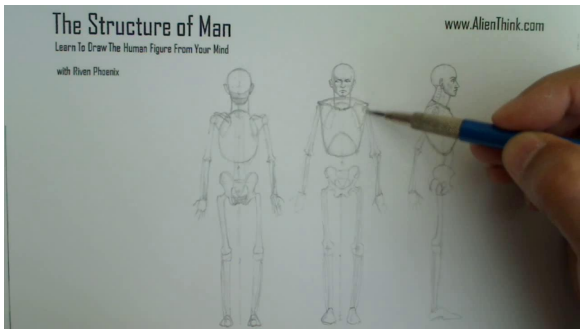
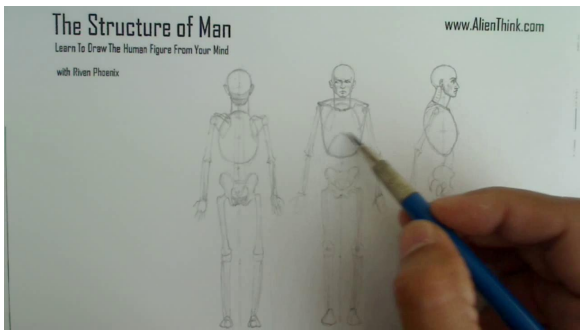
85		this guy here is just going to be our, our most easiest way to understand this is we're
86		just going to put a line like this, right?
87		We're going to make the chest cavity like work like this, okay?
88		So what's going to happen is that we already know, okay, that this is what we did, we went

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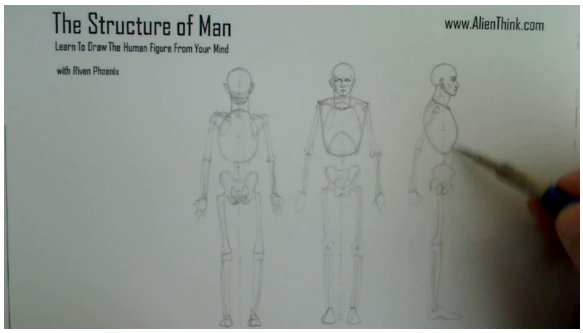
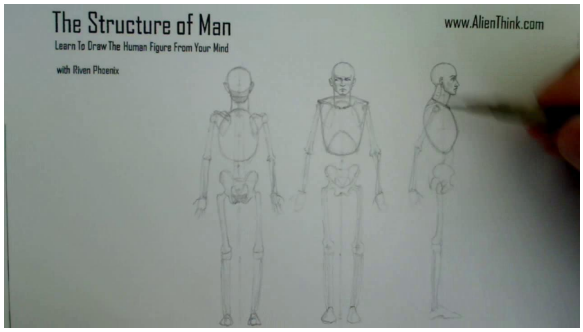
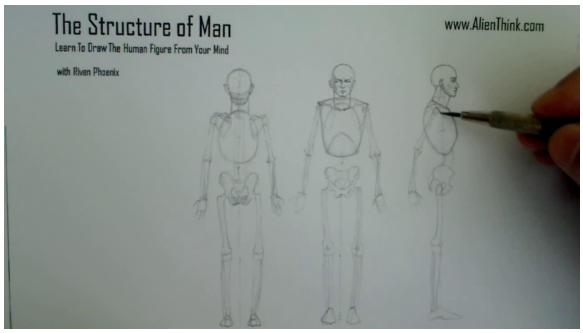
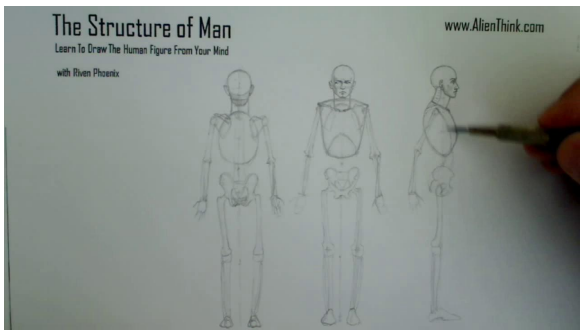
89		like this, but really over here we connected, right?
90		So what does this mean to us over here?
91		It means that it's really going like this, right?
92		We're doing it this way, right?

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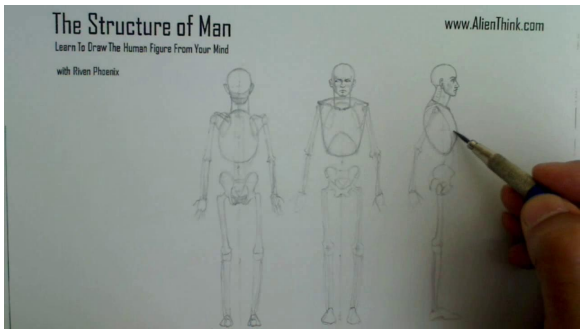
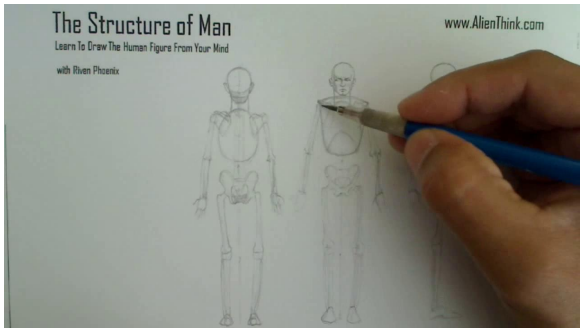
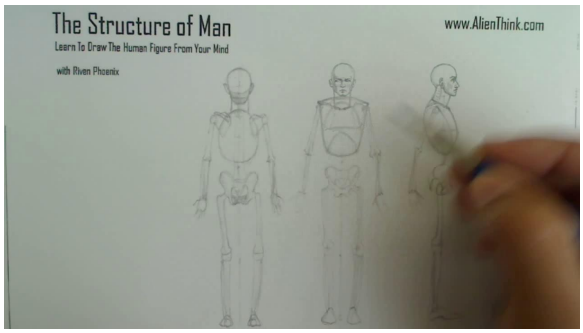
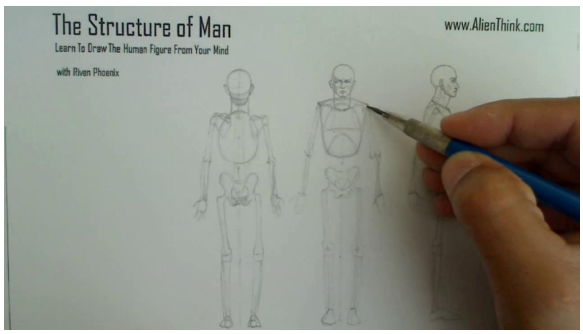
93		So we know that the line for the, the pack muscles is basically going to be here.
94		So what we initially are saying is that if we now take the line for the, for the pack muscles,
95		right?
96		This thing is going to come in a little bit like this, right?

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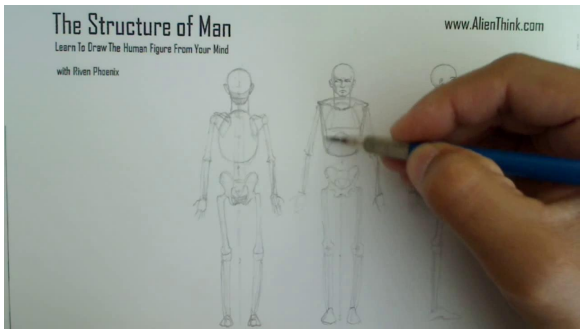
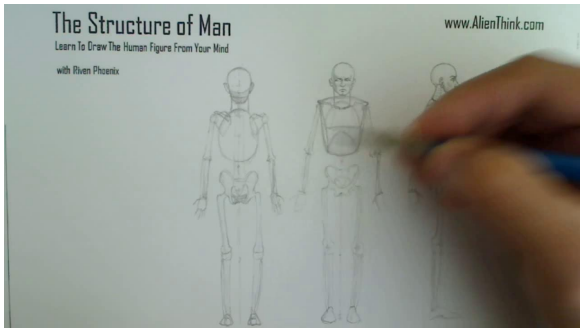
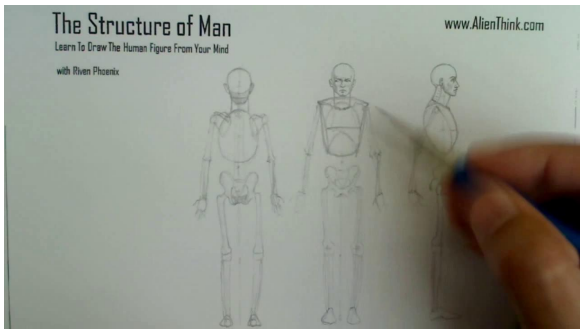
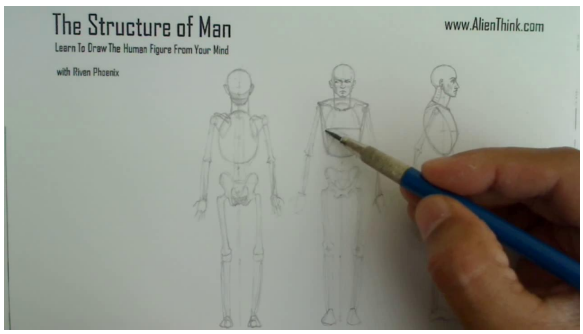
97		Just like this.
98		It's going to come in a little bit like this and give us this idea here.
99		Now the thing to understand about this is that you don't have to go crazy over this,
100		this little angle over here that's coming, right?

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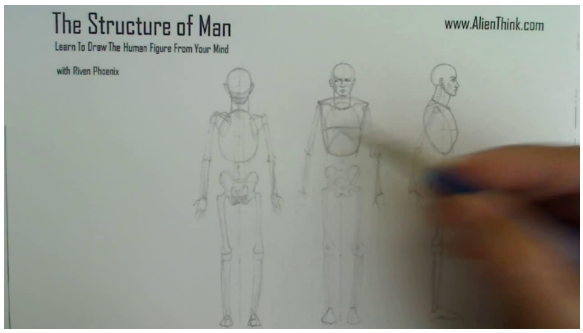
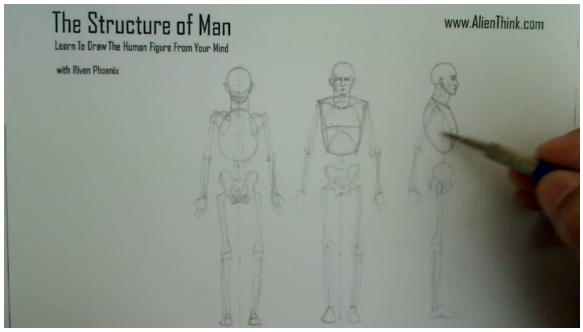
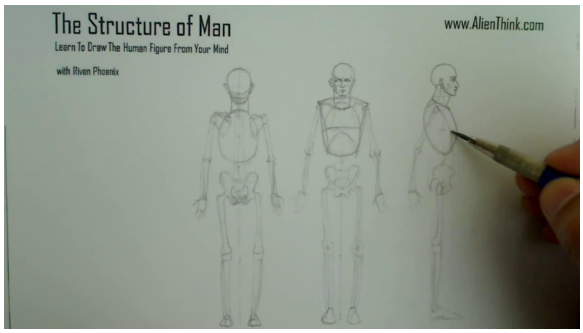
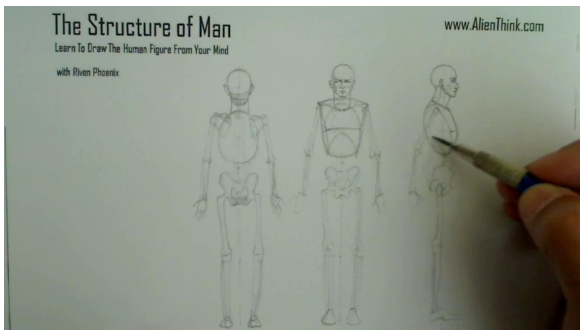
101		This angle here is now coming from this line here, right?
102		This is like an on and angles what we're saying.
103		This line here, this junction here is this junction here, okay, it's the same thing.
104		In this whole area here is this flat area here, okay?

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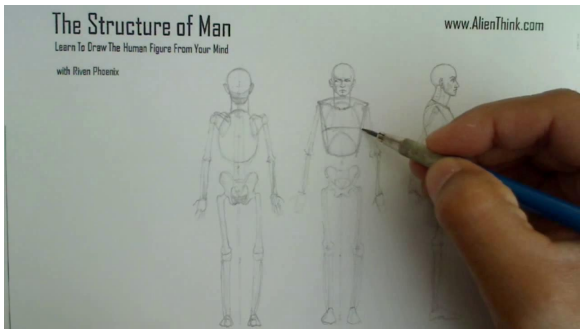
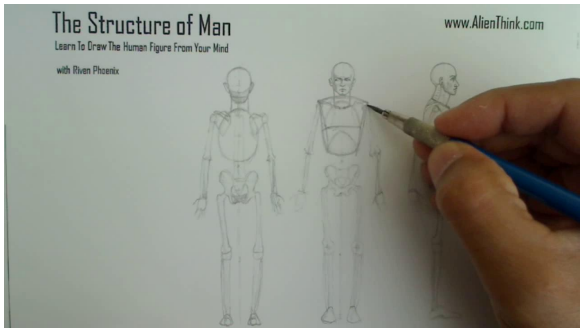
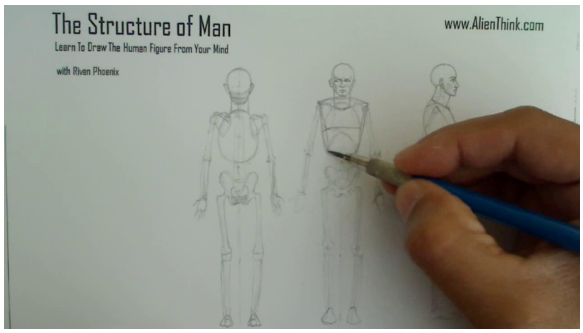
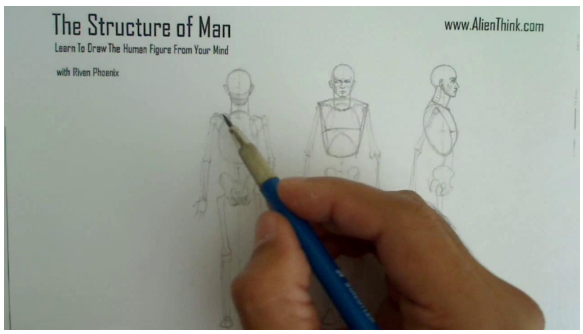
105		But you don't have to worry about this, right?
106		And you'll see later on why that is, okay?
107		So here we basically simplified this.
108		So what we're saying here from the back is the same thing, we're just going to do this

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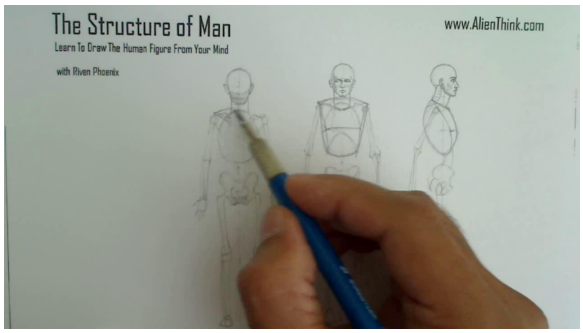
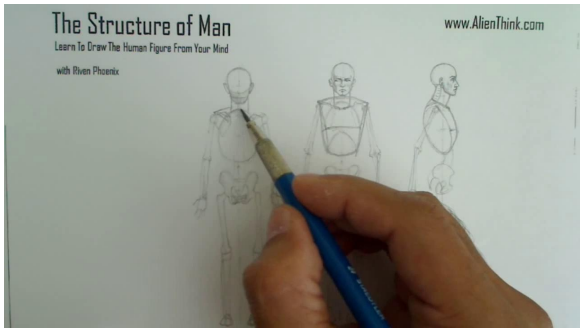
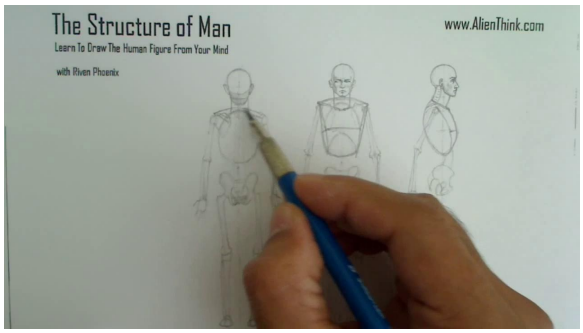
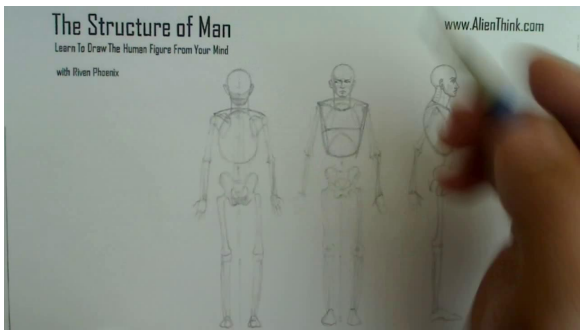
109		like an on an angle like this, see?
110		Even if I'm here in the angle, it doesn't matter, right?
111		It's just a simple understanding of this, that this is where the mark is.
112		The crucial point is to understand this, where this mark is, we're saying that this is where

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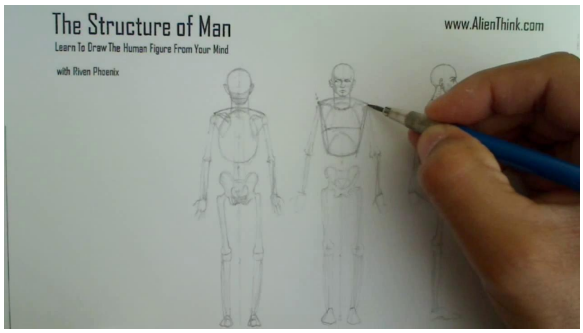
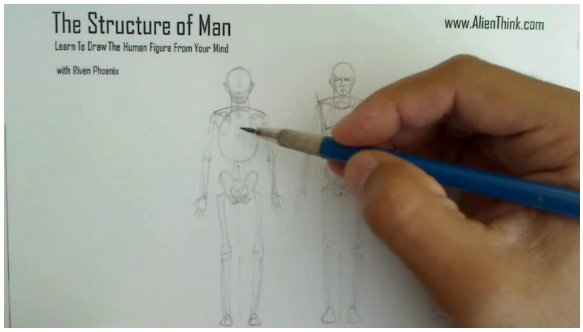
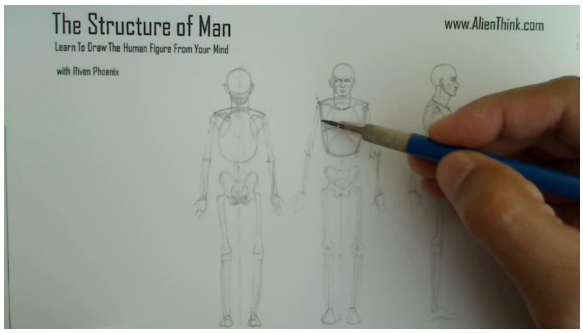
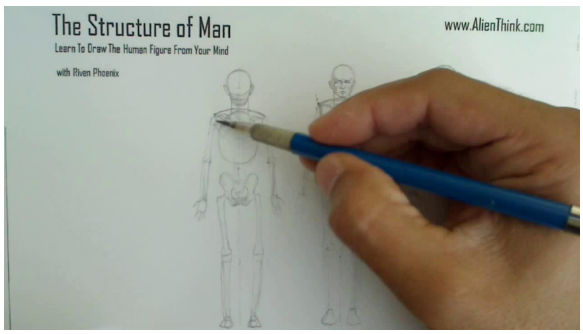
113		the clavicle is going to meet with the shoulder joint, right?
114		So when we do this from the back, right, we can see that look, it's going a little outwards
115		over here.
116		From the back, it's going to be basically a little bit on this angle, right?

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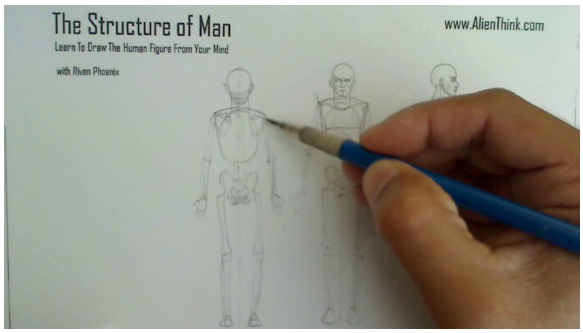
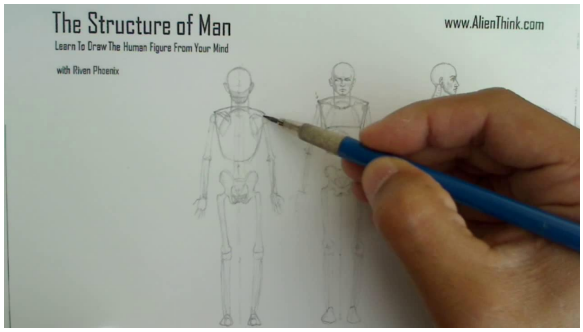
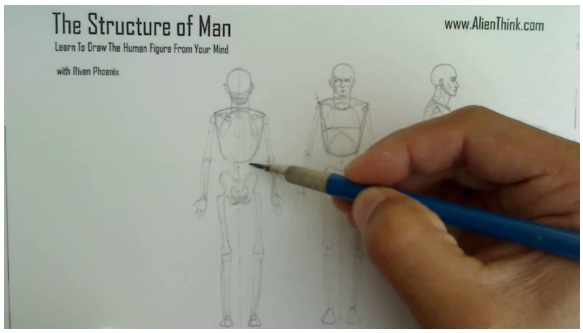
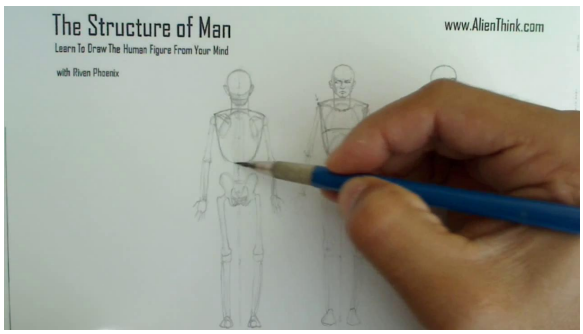
117		It's going to be like ballooned out on this angle.
118		See this?
119		Like this on an angle, right?
120		So this is the basic conceptual idea, our first idea that we're going to do for the

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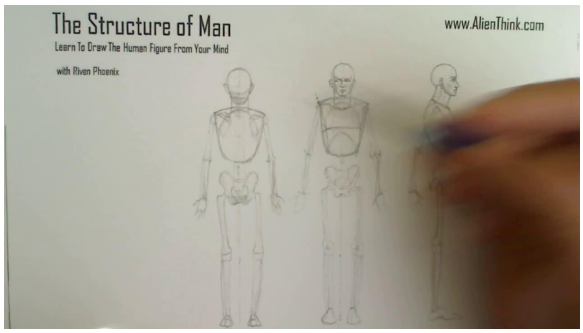
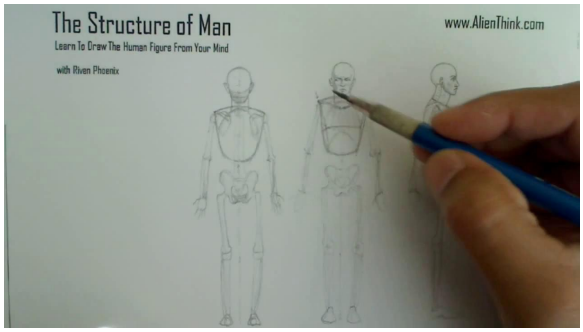
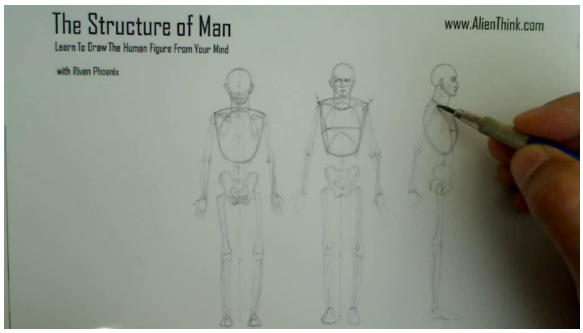
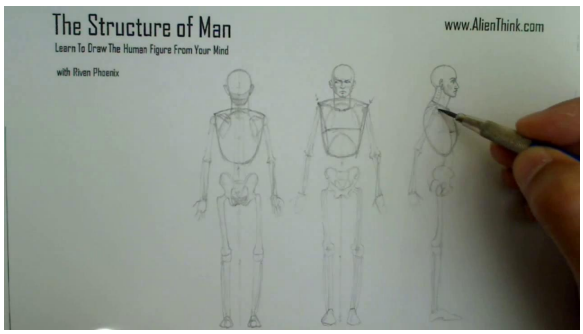
121		mannequin system.
122		So we understand these points here are the key area, right?
123		And we understand here where we draw this, look where this is.
124		We know that it's going to be on, here is that idea here, right?

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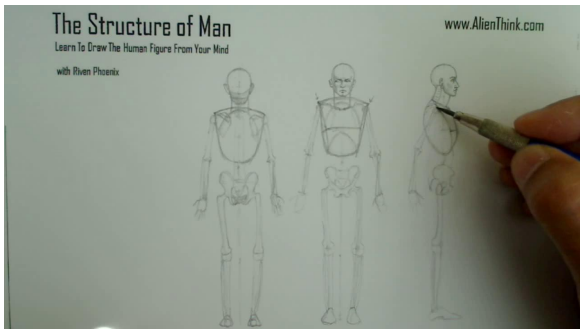
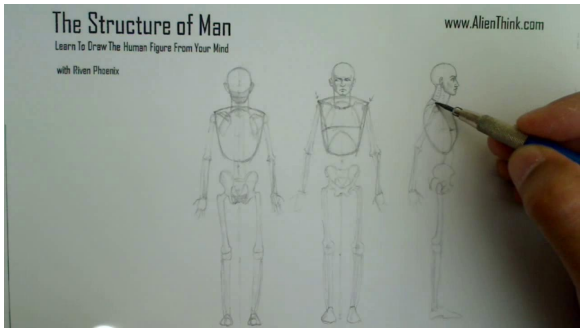
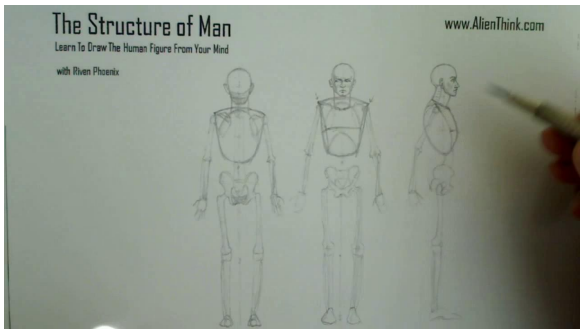
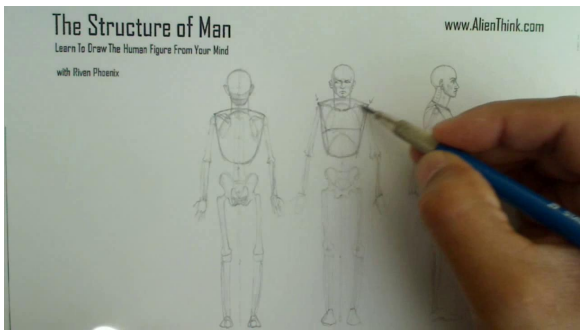
125		It's not here, this is the bone, it's up here, right?
126		So we know that this area here, this point is also the area that gives us this line here
127		for the clavicle, right?
128		It's going to just go like this, connecting to the neck, okay?

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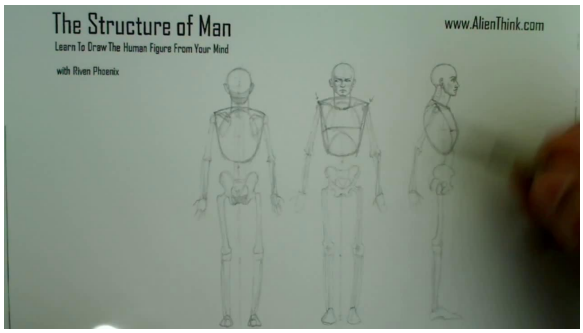
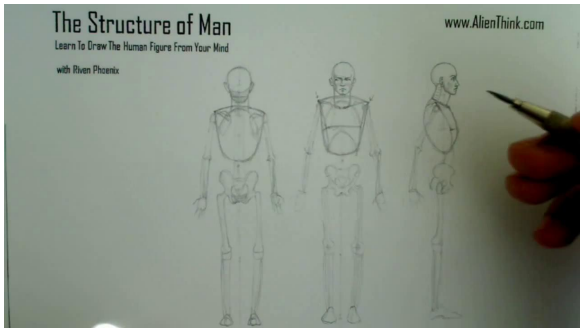
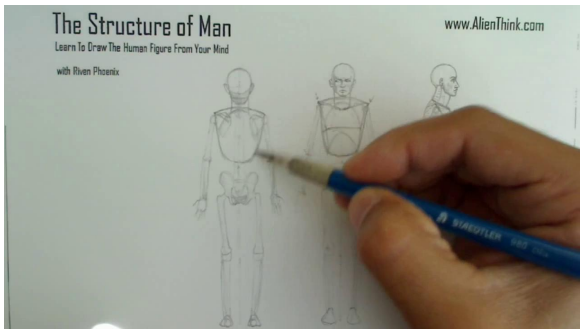
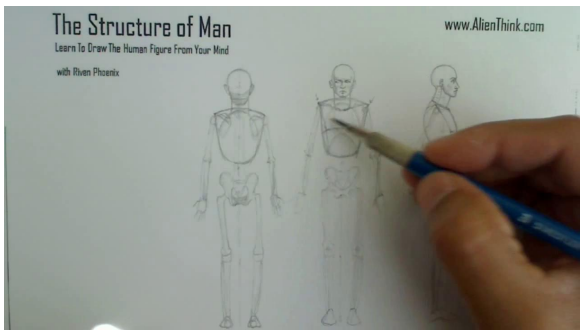
129		You'll see how simple this is going to be.
130		Well, when I show you the examples, after this lesson, right?
131		So here we've got this, this is for the back, okay?
132		So this is the front, right?

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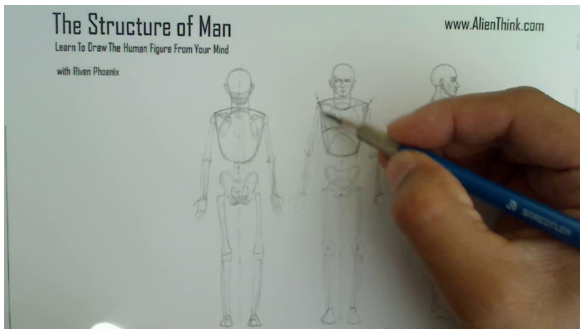
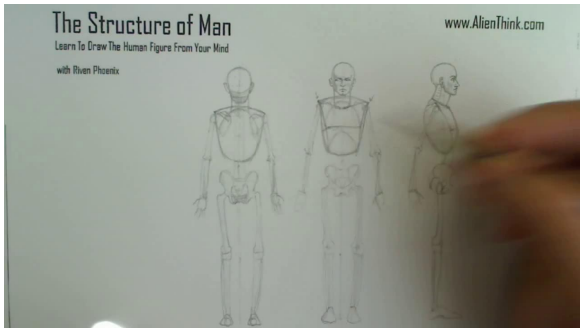
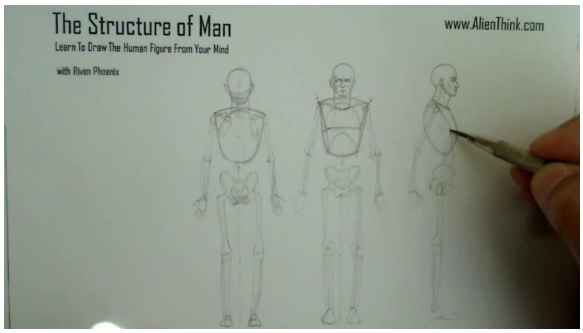
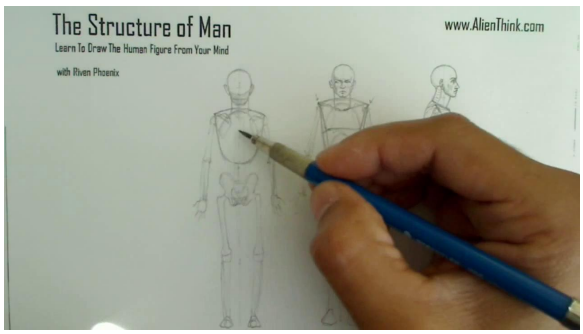
133		It goes like this, over here, a little bit in, and then we got the line for the chest,
134		right?
135		And over here, we got the line like this.
136		Now for the back, here is where we're going to use the idea of the scapula to simplify

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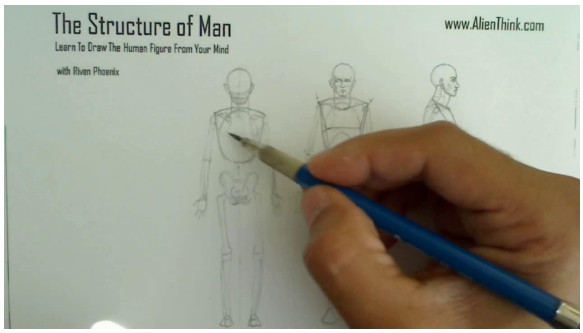
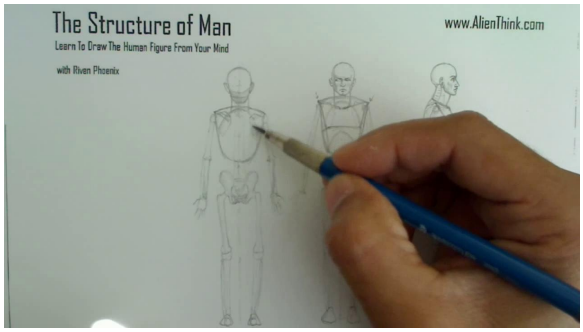
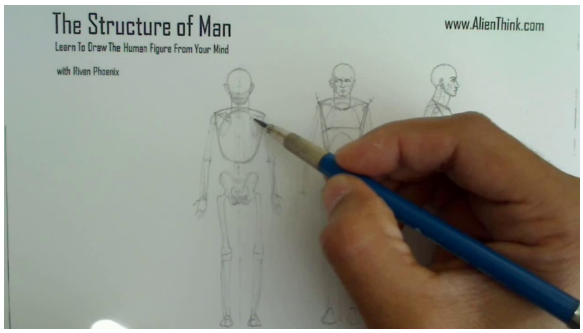
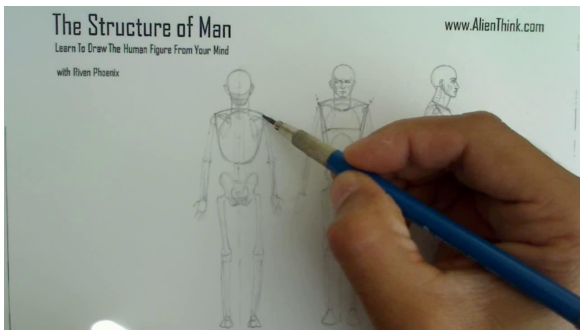
137		our understanding of this, rather than keep drawing it over and over, right?
138		Obviously we'll draw it to understand the muscles, but we need to get the basic concept.
139		You can see that we get this line here, right?
140		So here we're going to state that on the back, there's just going to be this line coming

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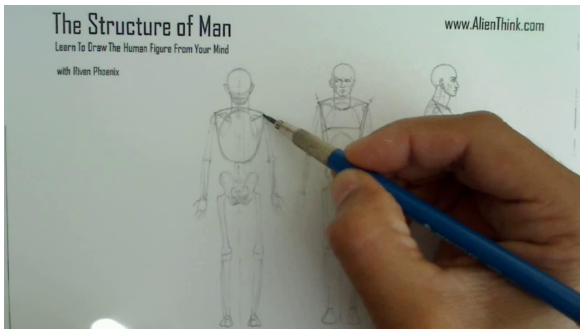
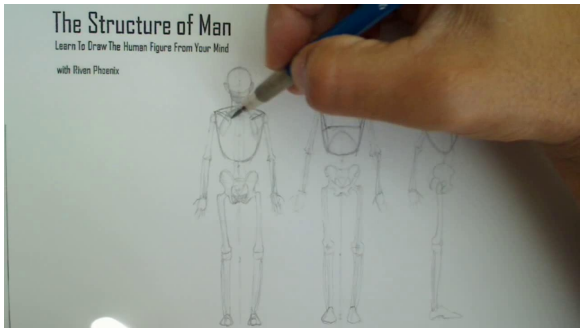
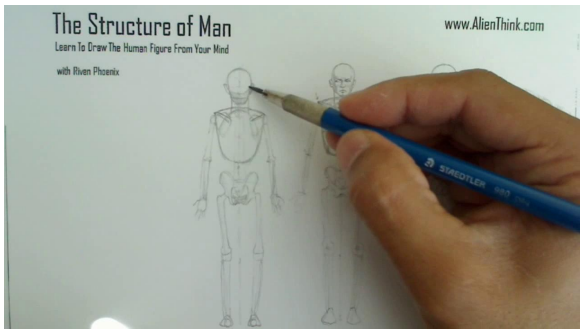
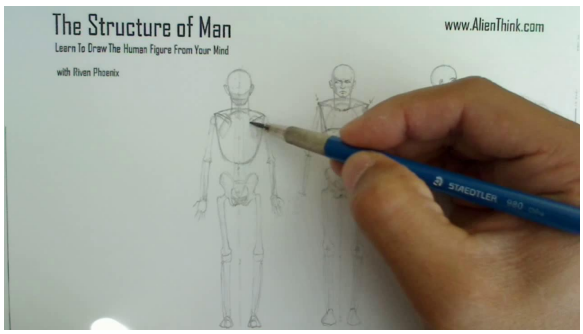
141		in this direction, right?
142		Look where this line is coming in this direction.
143		So this tells us where this line is going to be, because this is going to play a major
144		role when we do surface or not, right?

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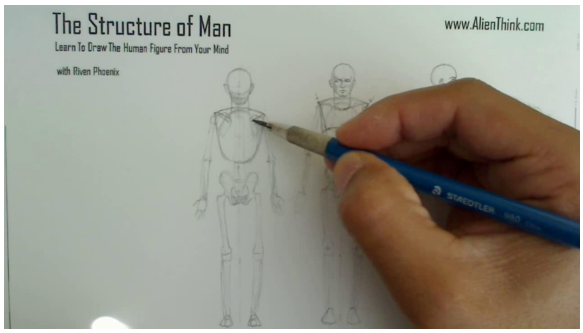
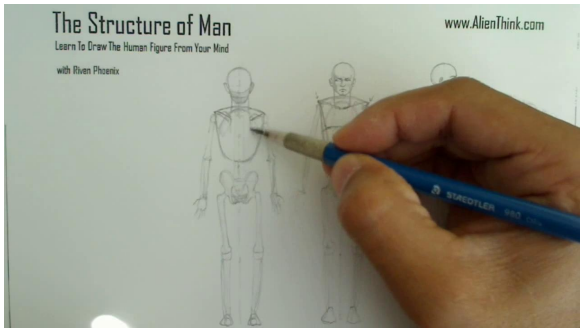
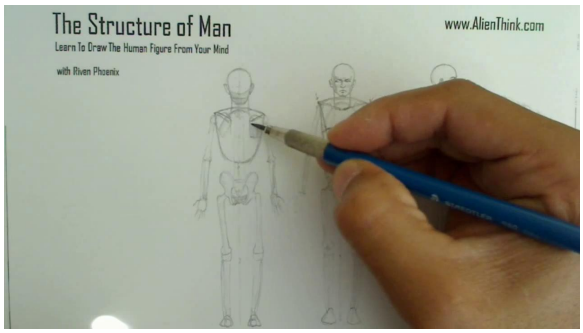
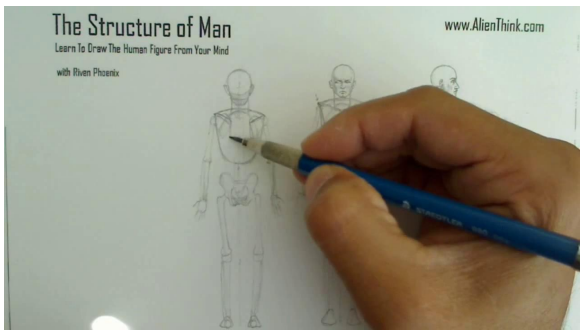
145		And so basically when you get this, just know that you're just going to draw a box like
146		this over here, and you're going to just cut this off like this over here, right?
147		So what this means is when you do this, you're going to get this angle, right?
148		We go down over here, we're going to get this angle, right?

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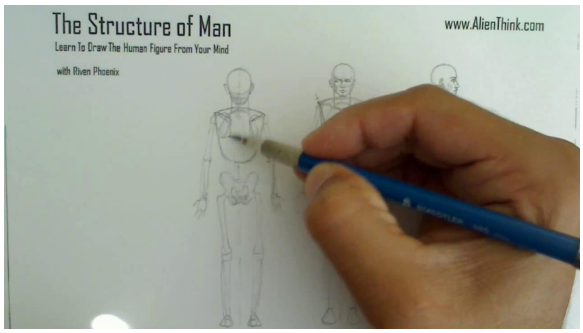
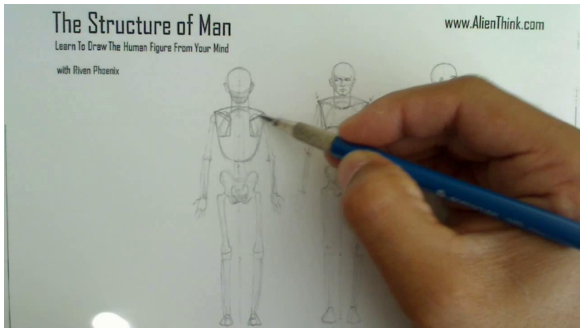
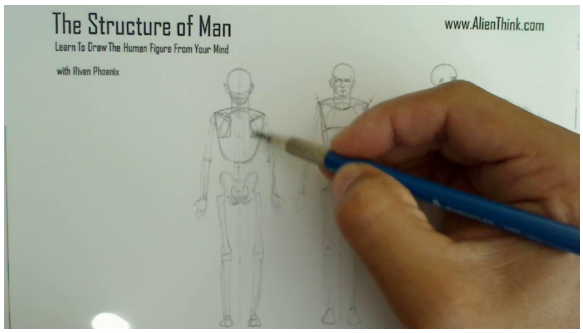
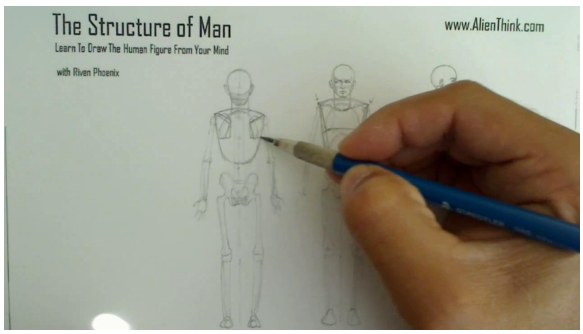
149		So remember this shape in the back of your mannequin, right?
150		This helps us to understand the bone structure, and we're going to get this little slight
151		bit of an angle like this, right?
152		So it's going to just go that this way.

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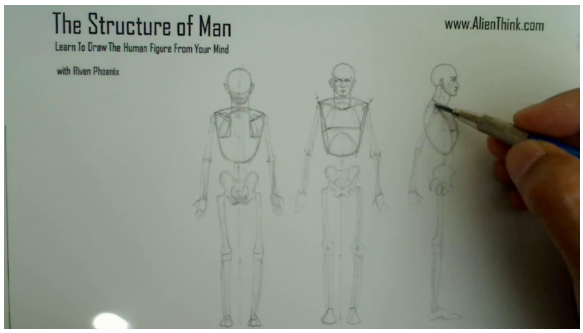
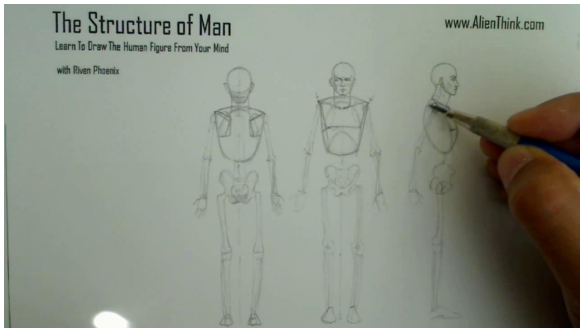
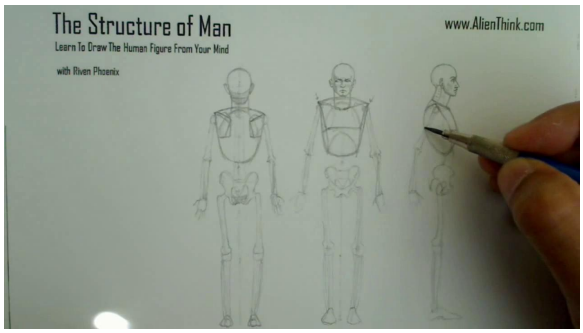
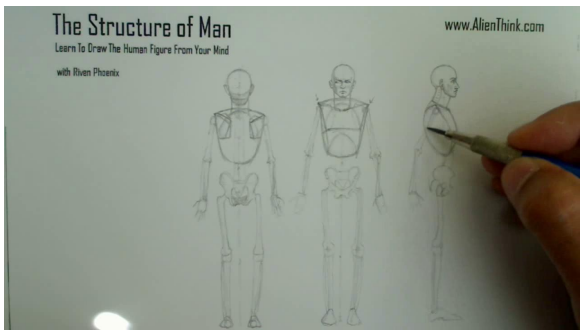
153		So what happens here is that it's the same thing.
154		We're going to get this line here, and then we know where this line here where the chest
155		cavity is, that thing is really just coming towards us right over here, right?
156		So we know that it's just going to be coming like this, right?

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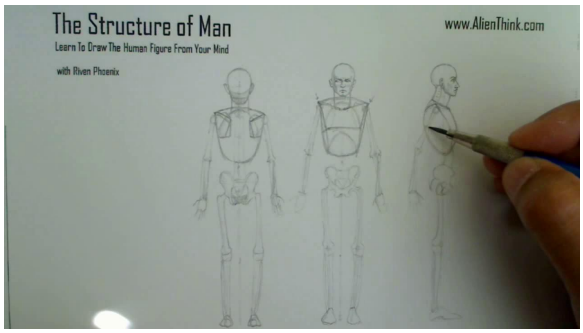
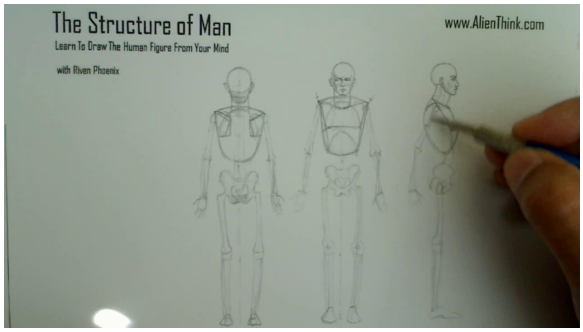
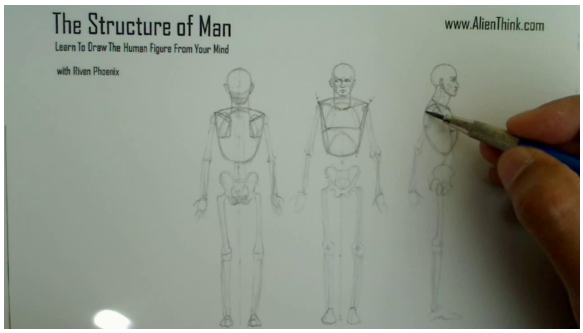
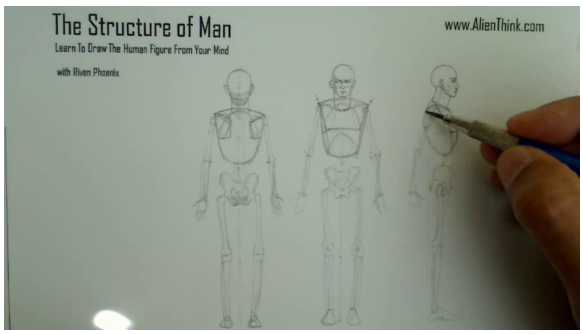
157		We don't have to worry about it too much, just know that this is where this is over here,
158		right?
159		So this helps you to understand how what's going to happen when the back muscles come
160		as do you get this line, right?

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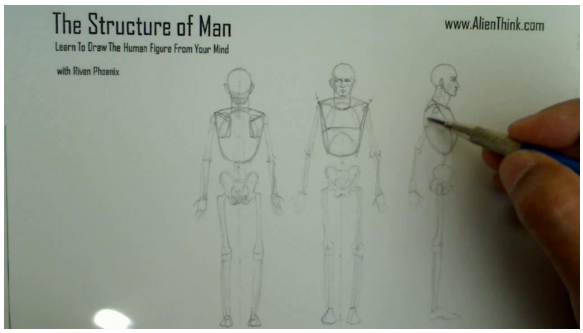
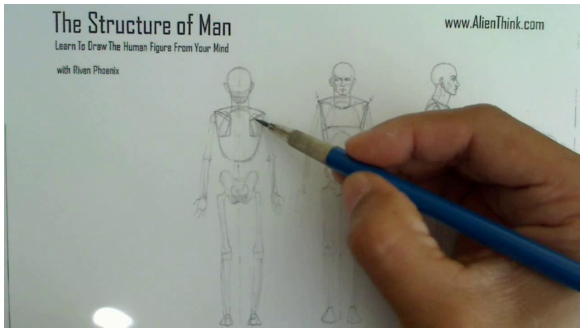
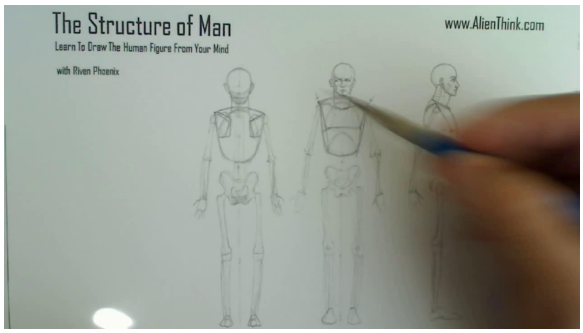
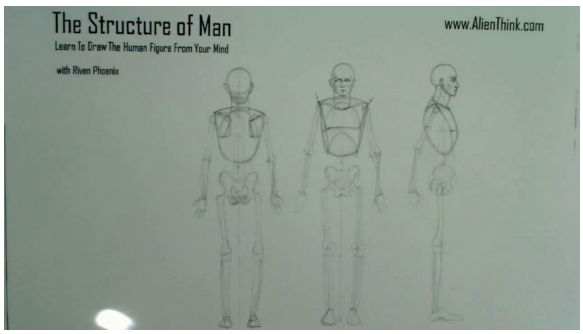
161		It'll help you understand the muscles they are off.
162		So we get basically this concept here.
163		I'm going to clean up this so you can actually see this, okay?
164		So that's our first understanding of this, right?

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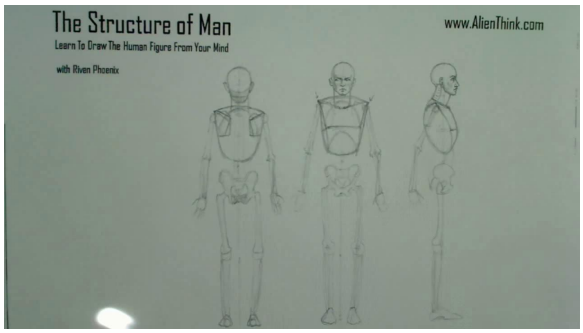
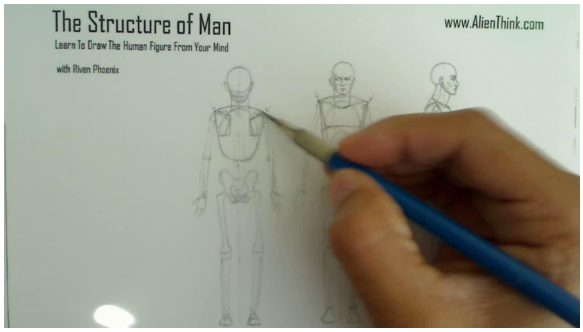
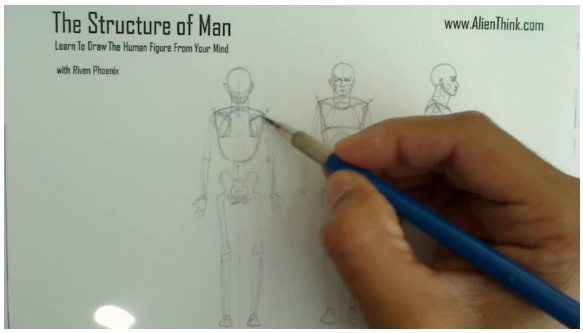
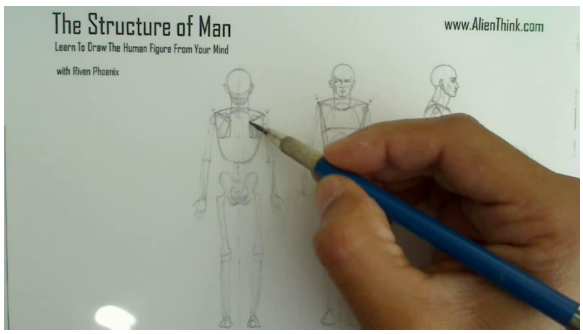
165		So where these points are, these points are also over here, right?
166		So we did this, we did this line here, and we did this.
167		Notice how the angle is, and it's going to be here, right?
168		And we're just going to do this and do this to get it to get the mind to understand this.

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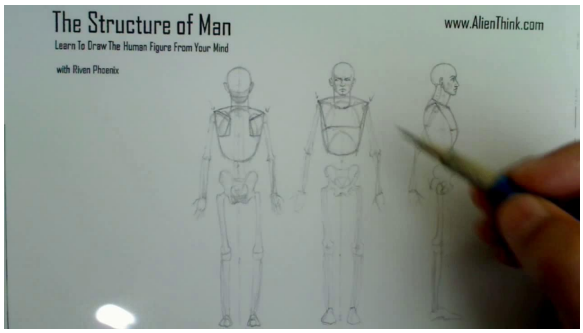
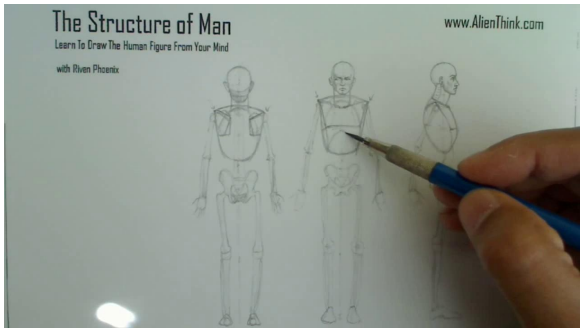
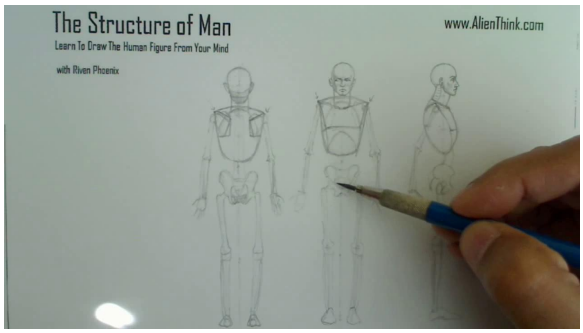
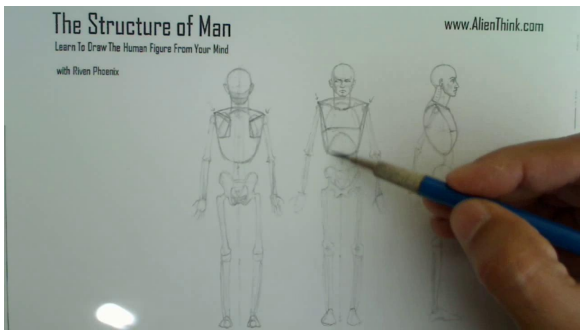
169		So now we're going to look at a concept over here.
170		We know that we're going to get this area and look where this is over here.
171		So here, we're going to say that, okay, we know that over here, we basically are going
172		to put this basic shape right over here like this, right?

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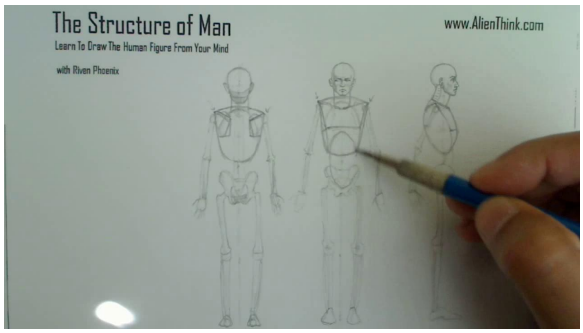
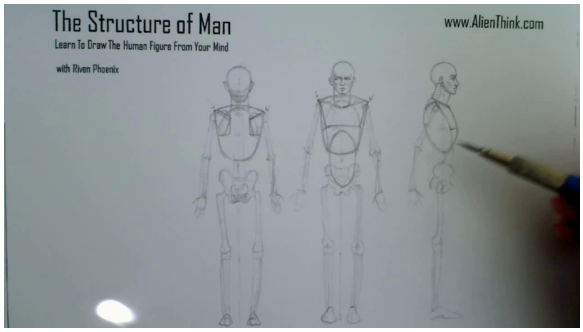
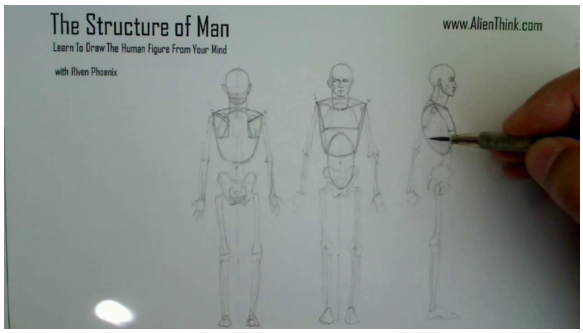
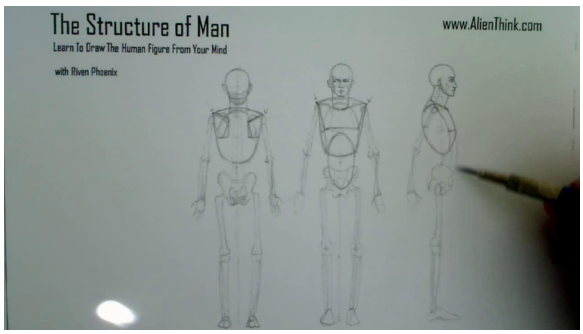
173		Just like this in front of the structure, right?
174		So notice where this is, right?
175		So here, if I simplify this, this is basically the same that from here, you're going to get
176		this very basic shape going like this, and it's just going to go in, right?

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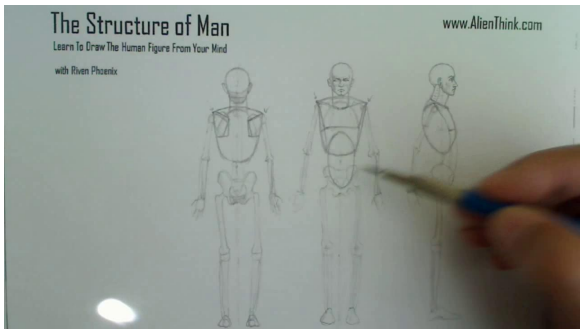
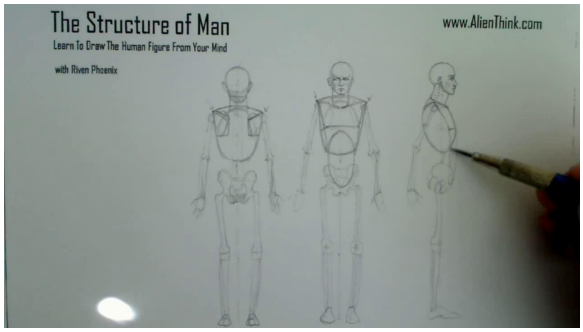
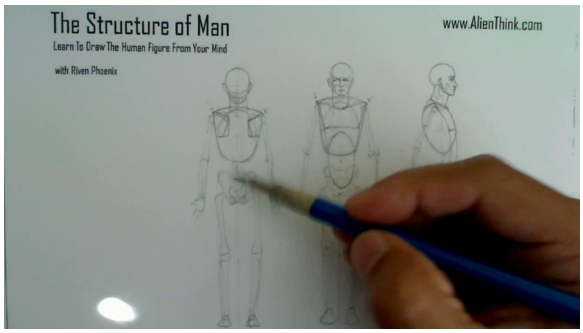
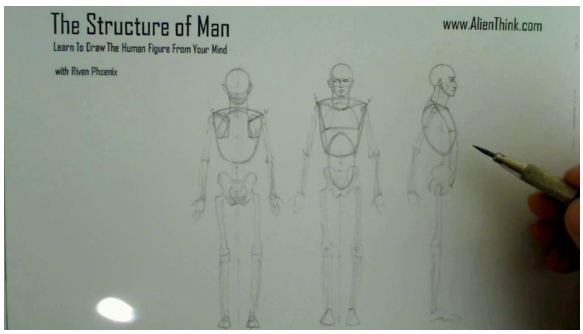
177		It's going to go in over here.
178		It's just this basic concept that there's a basic shape here, okay?
179		So obviously we don't have to worry about it from the back over there, okay?
180		So now we need to understand this area over here, right?

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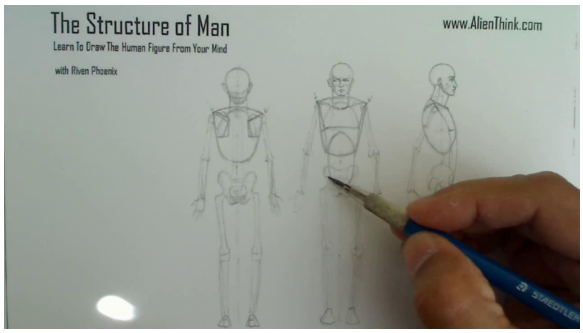
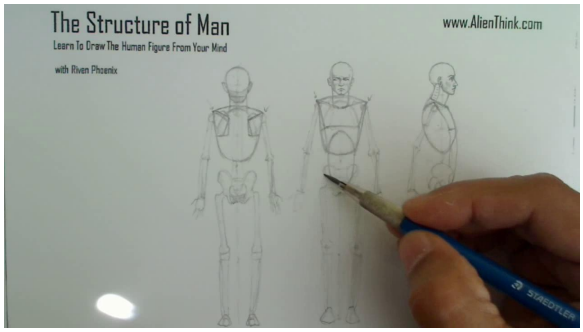
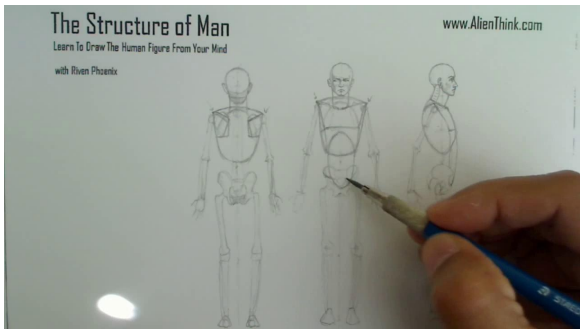
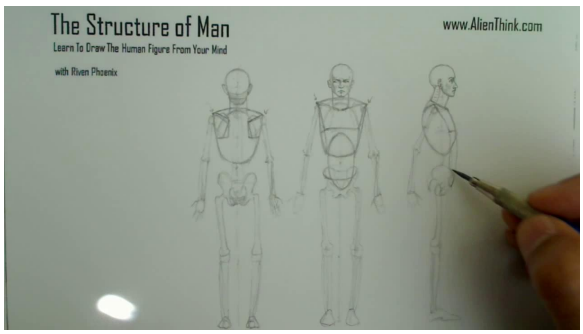
181		We know that over here is going to be definitely where the love handles are going to be.
182		So basically we're going to say that from here, we're going to draw this, we're going
183		to draw right through this and make this idea here just like this, right?
184		So this idea here is like this going, but look, it just goes up like this.

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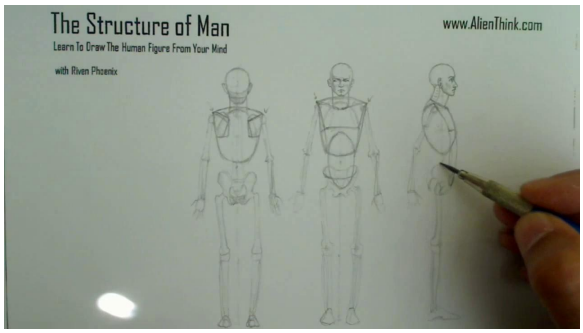
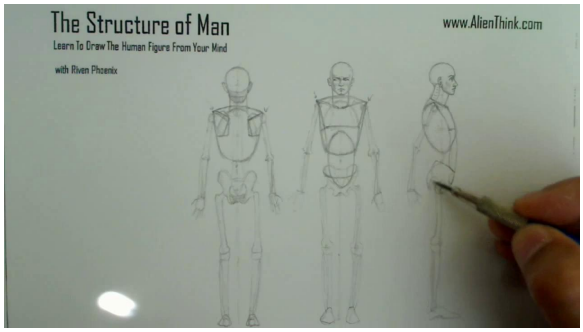
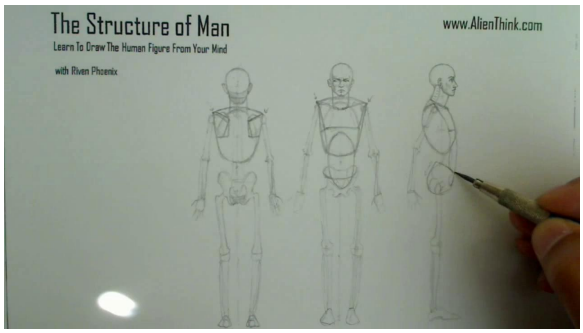
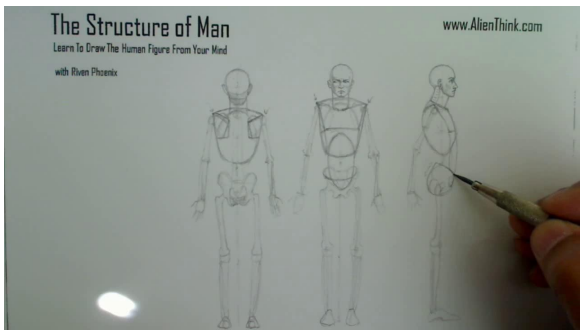
185		So here we're just going to simplify this and say that look, it's just going to be like
186		this, this ball shape going in this angle, notice the angle over here, right?
187		So we understand where this is, right?
188		This is where basically the love handles are going to meet, and it's going to go like

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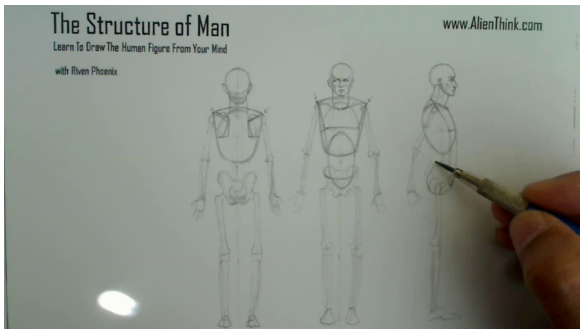
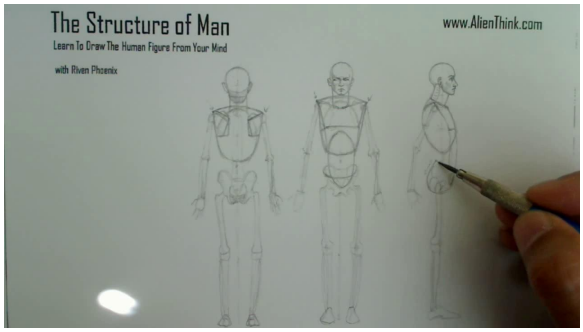
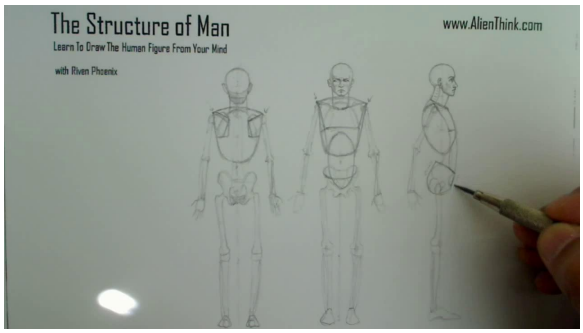
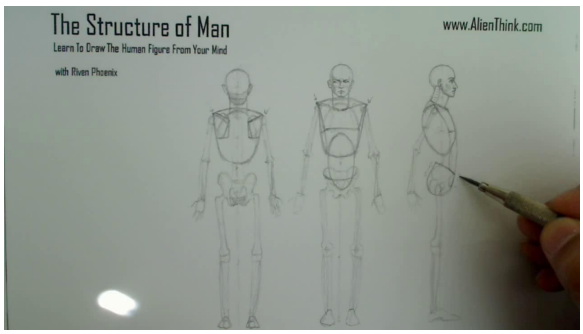
189		this over here, right?
190		Okay, just keep that as a simple idea and notice this angle over here, it's going down,
191		right?
192		It goes in over here for the crotch area, okay?

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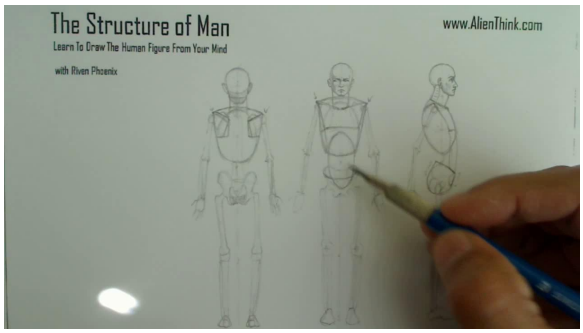
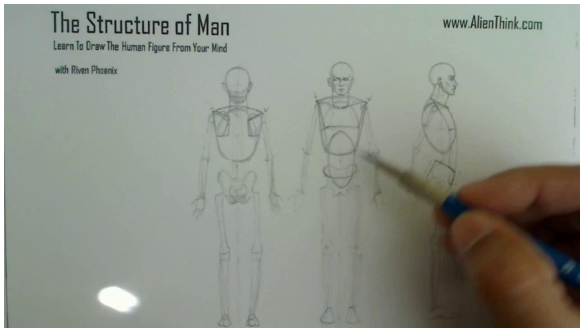
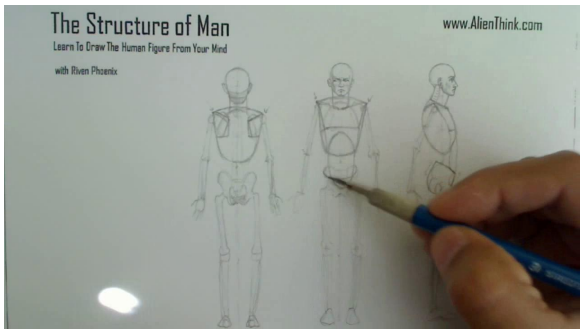
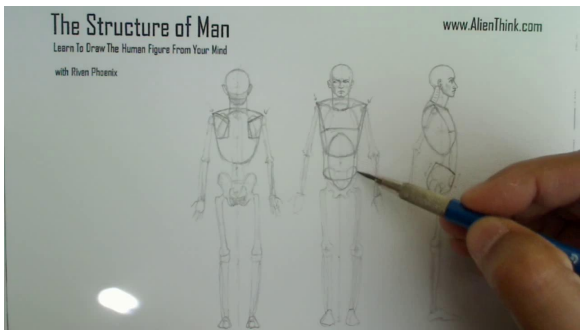
193		So now once we get this, we know that, okay, it's going to obviously just go around
194		in the back.
195		So to finish this off, we're just going to connect this part here like this, right?
196		So this tells you that over here, you need to be aware that there is a, it's going to

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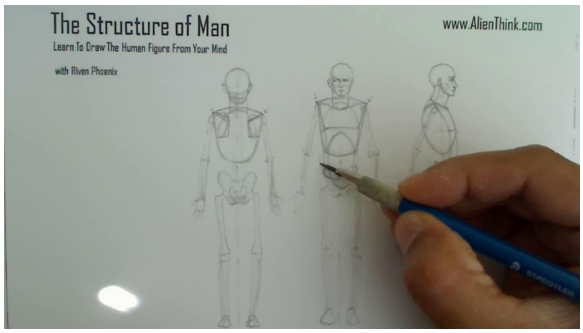
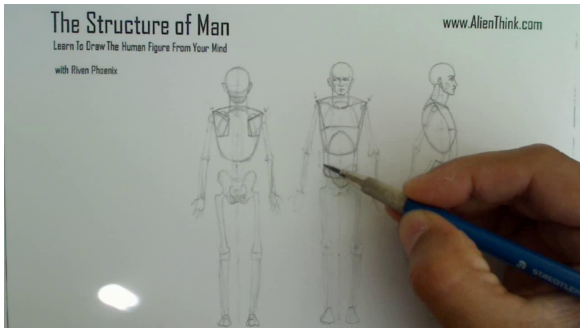
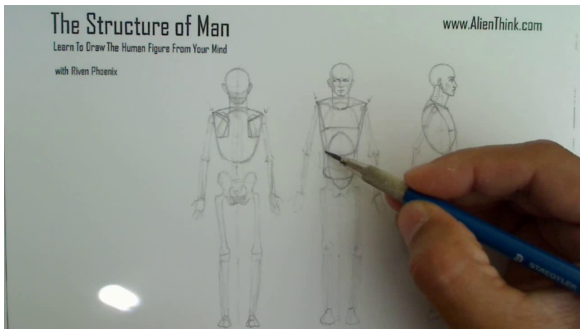
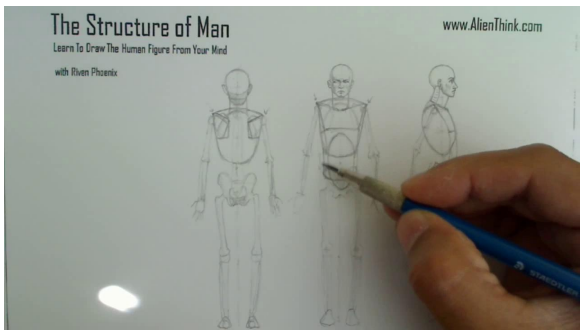
197		be this section over here, right?
198		This is where your love handles are going to be, and this is your chest cavity here,
199		you're going to get the muscles.
200		So you need to understand there's always a space here.

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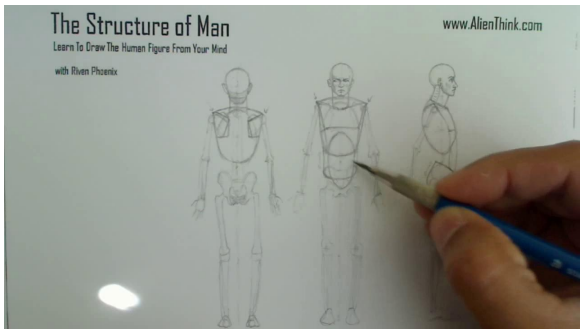
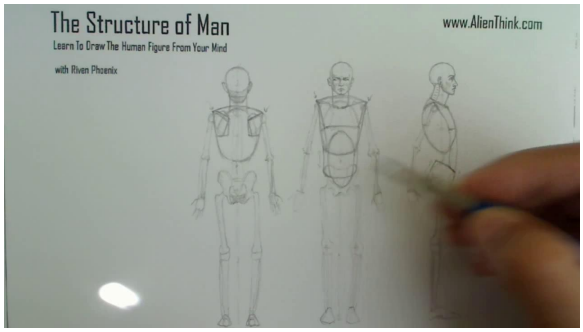
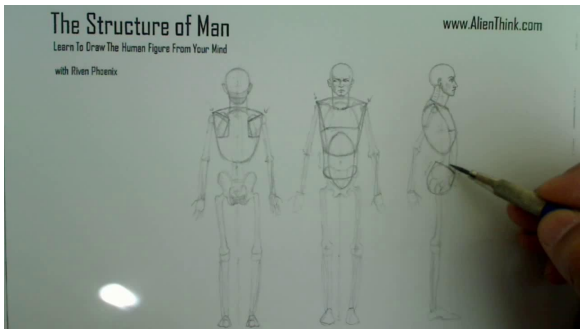
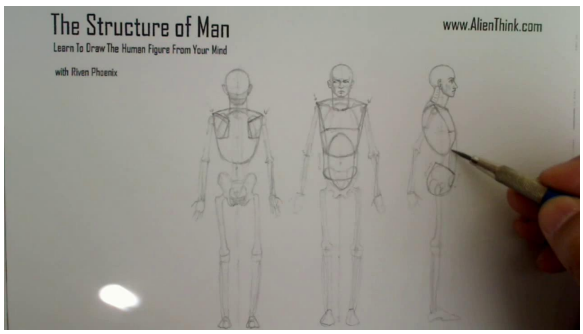
201		So here we're forcing the mind to understand that, look, don't forget about this space,
202		right?
203		So how does this look over here on this end?
204		Well, it's very, see, it doesn't matter where I drew this, right?

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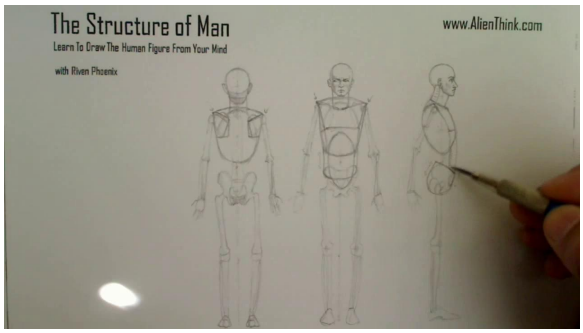
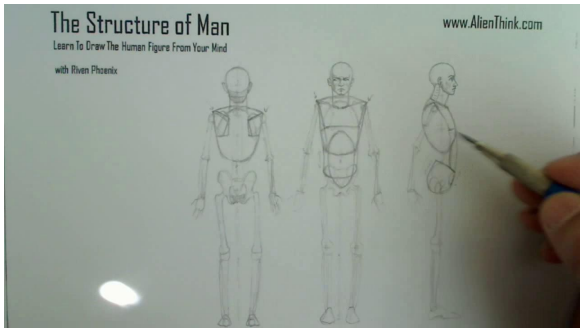
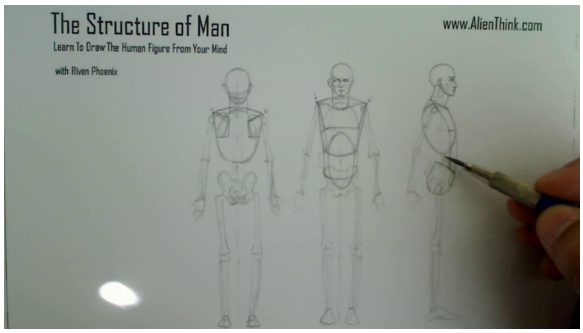
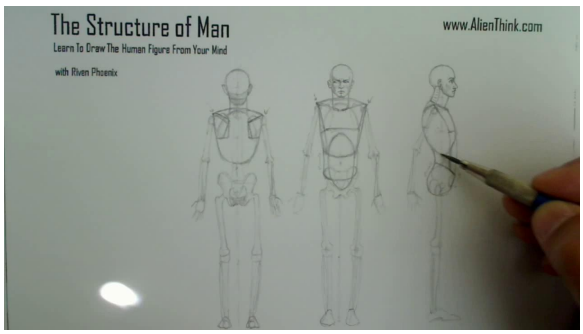
205		It's just a concept of, look, I need to be aware of that the abs are going to be basically
206		over here.
207		So to understand this, we're just going to connect this like this, see?
208		This area here is just going to be connected over here like this, and it's just going to

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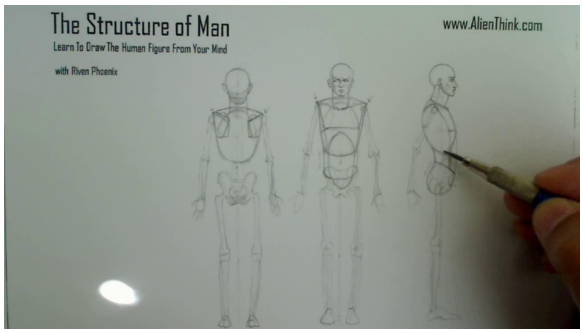
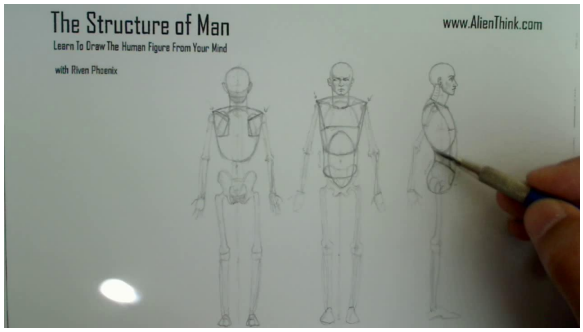
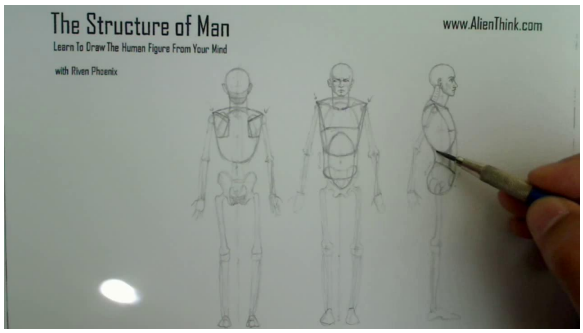
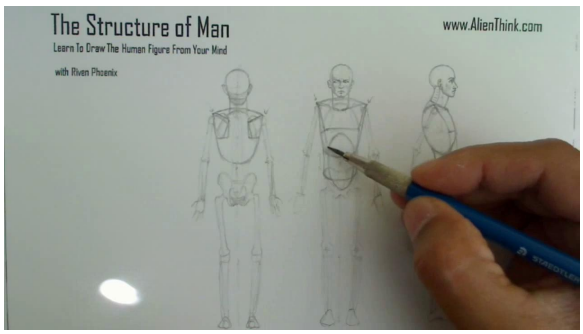
209		do like this shape over here, right?
210		So we don't have to get this shape right because the thing is when you draw this out in 3D,
211		this automatically is just going to be understood that it's going to be all automatic, right?
212		See, this shape here is just going to be here automatically for you.

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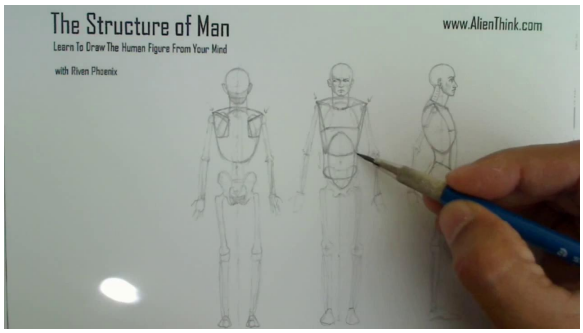
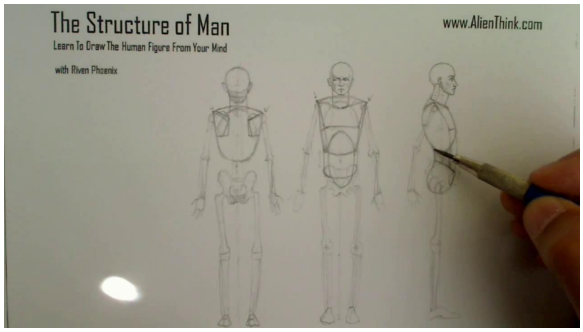
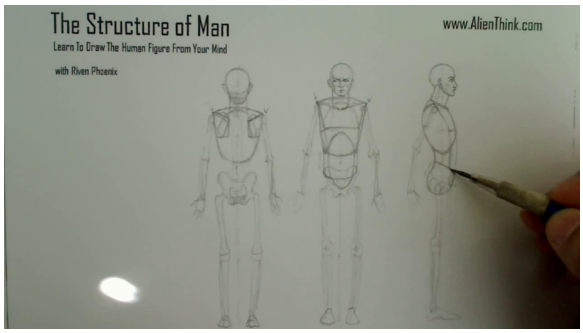
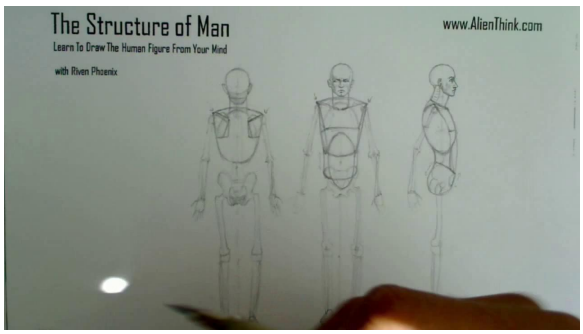
213		You don't have to worry about it.
214		Just know that I did this and over here, I'm doing this area over here, right?
215		So it's really this area here is just going to be coming out like this, right?
216		So what this means is okay, we'll just adjust our understanding over here a little bit.

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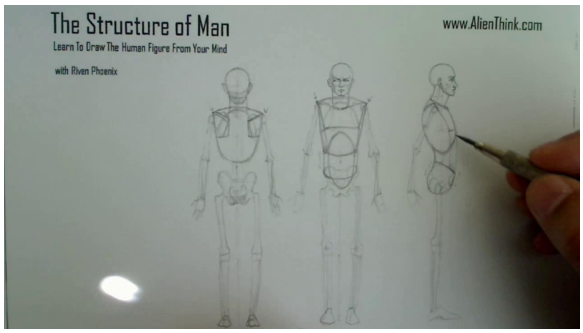
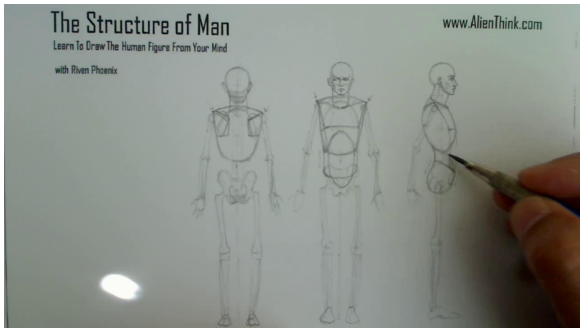
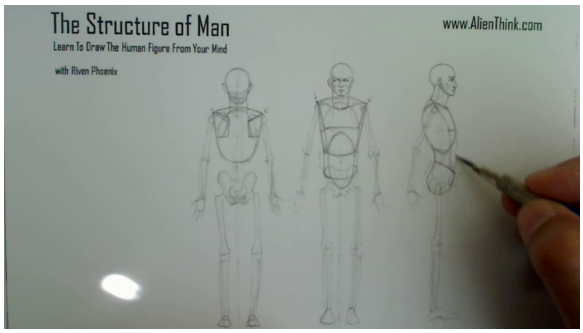
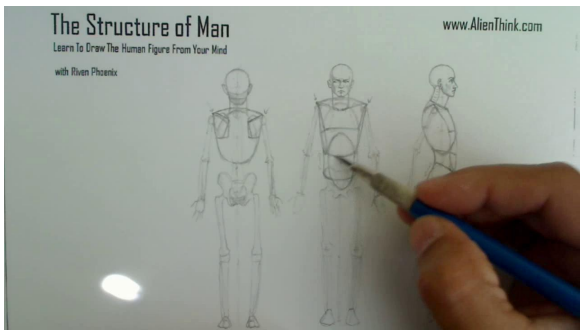
217		What we're really saying is that basically this area is going to be like this, right?
218		So to not cut cause confusion in the Bible, say that why don't you just do it this way?
219		Why don't you just make this shape like this, just draw through it and do this line, right?
220		It's much more simpler to do it this way.

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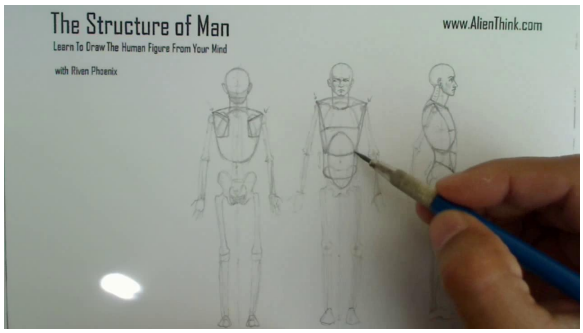
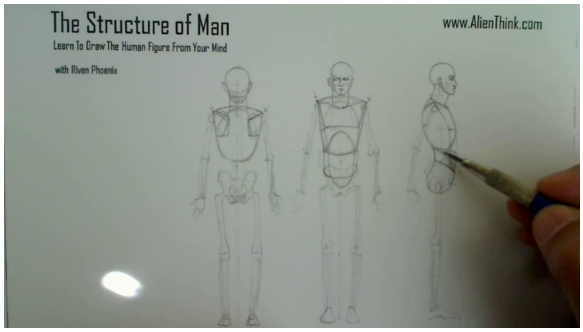
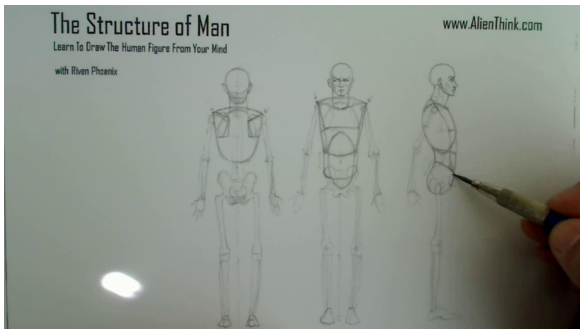
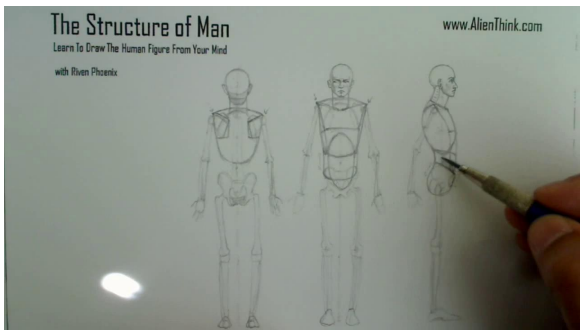
221		Just draw this cylinder box like this over here, right?
222		And regardless of this shape, it'll just take care of it, it'll be just easier to comprehend
223		and draw.
224		Right?

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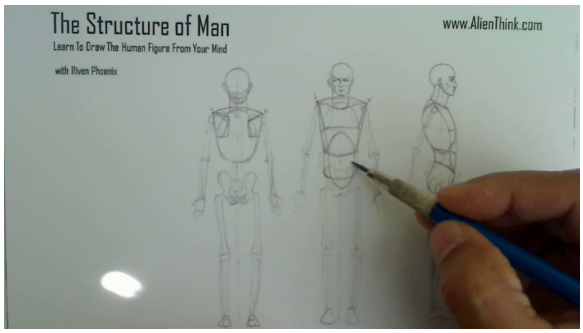
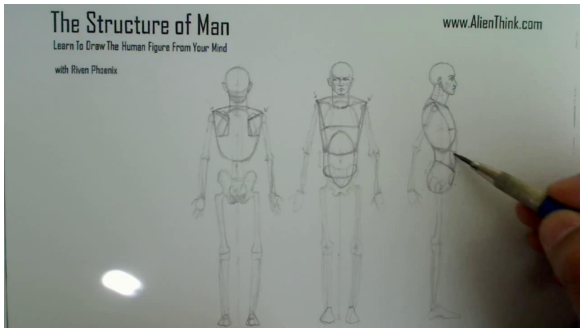
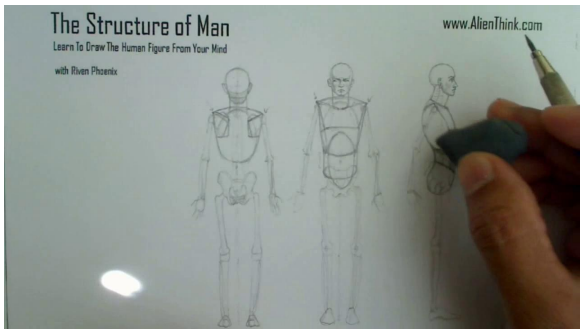
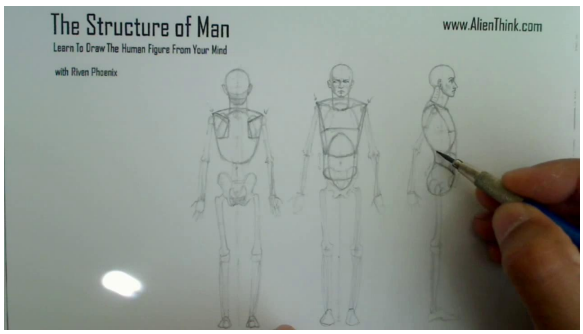
225		Remember this key point that I'm showing you that this is like a cylinder shape here and
226		then we just did this because we want to make it easy to draw things, right?
227		In 3D, we don't have to really think about it much.
228		And this will just go regardless if this goes here, we just have a line over here to

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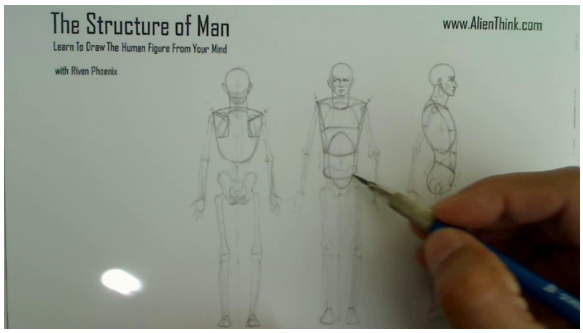
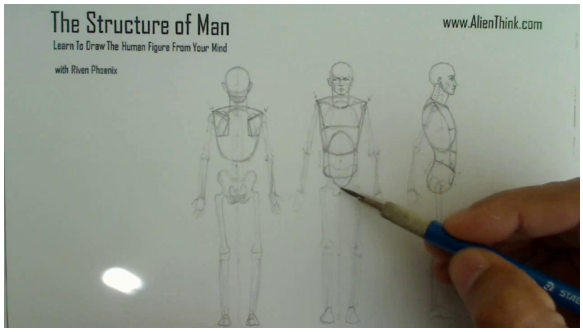
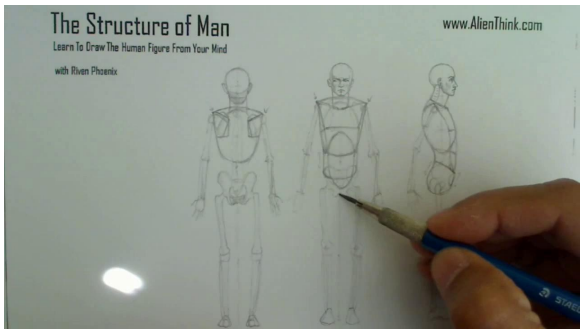
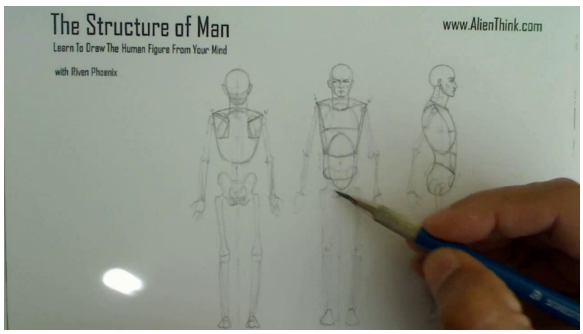
229		separate these shapes, right?
230		So once we get this, what's going to happen is that where this is, we know that the
231		crotch area is just going to be here, right?
232		So this is the most important key understanding of the human figure is this area here.

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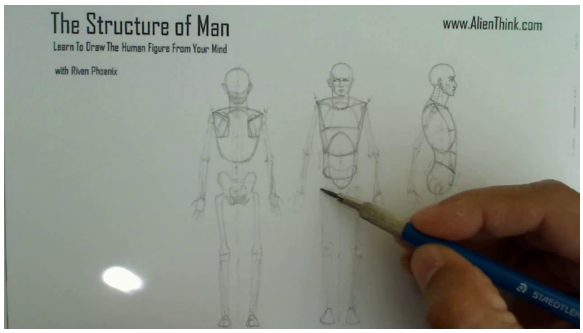
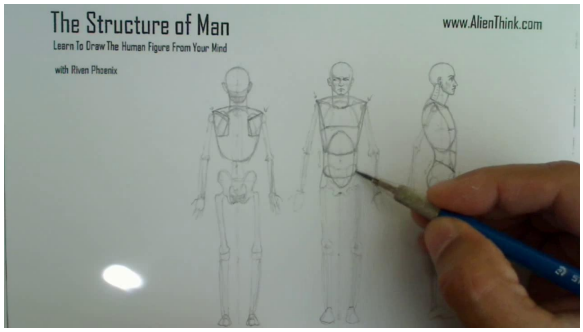
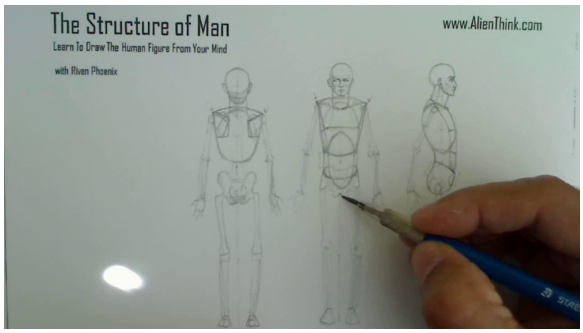
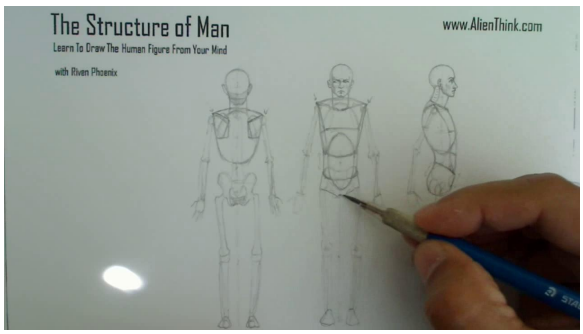
233		See this where this bone is, you're going to get this line over here and from here, this
234		basic shape idea, you're going to get this line over here.
235		Basically, you're going to make a line like this and you're going to make a line that's
236		kind of curved.

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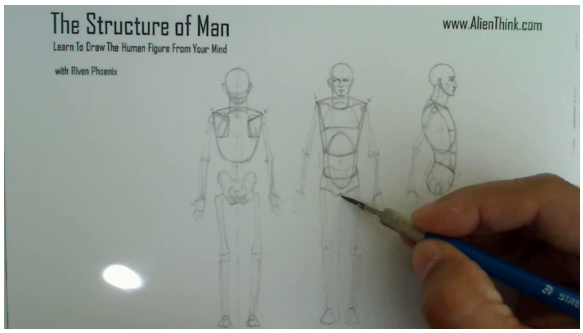
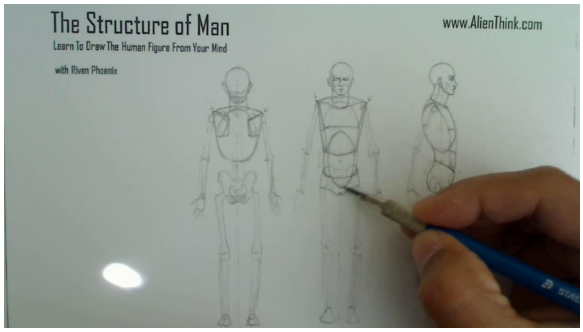
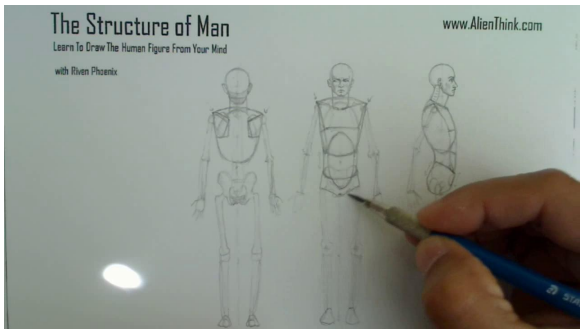
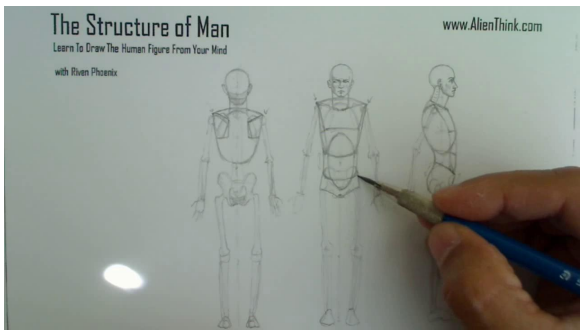
237		It's going to be like he's wearing underwear, right?
238		And this is a key concept, right?
239		Because what happens is that when the leg moves up, like the leg moves like this, you're
240		going to get a bend here.

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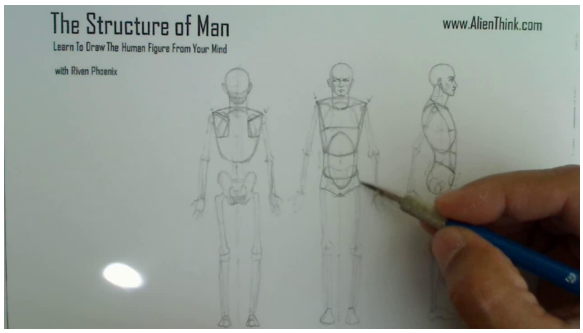
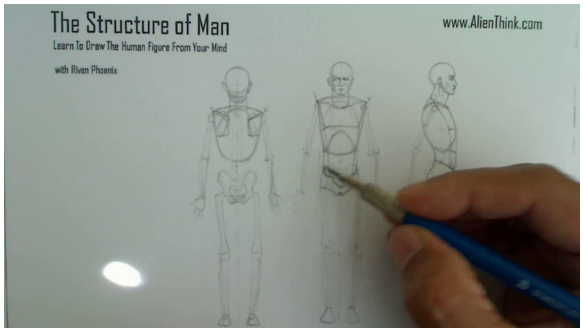
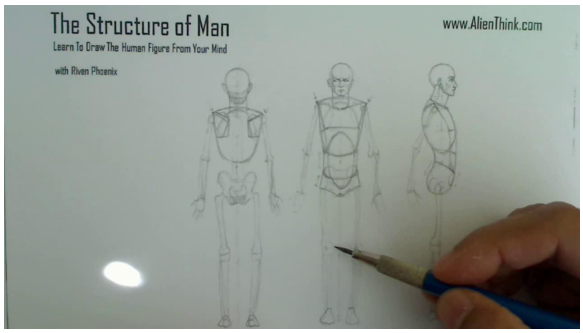
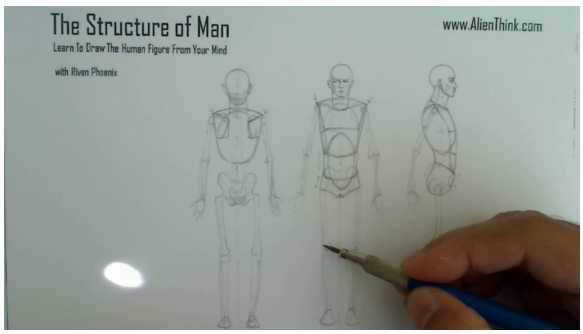
241		It's going to figure this out automatically for you in the mannequin system.
242		So remember that this area here that I'm showing you is a key concept in the figure.
243		Everything else is going to be very simple.
244		We just need to look at this.

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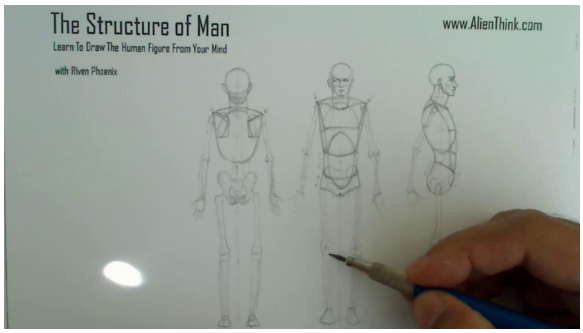
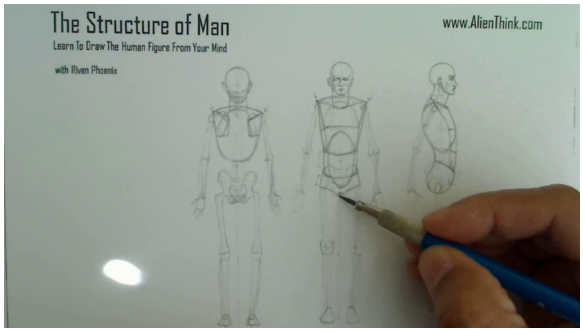
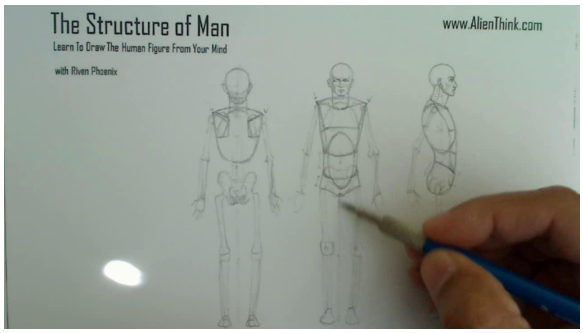
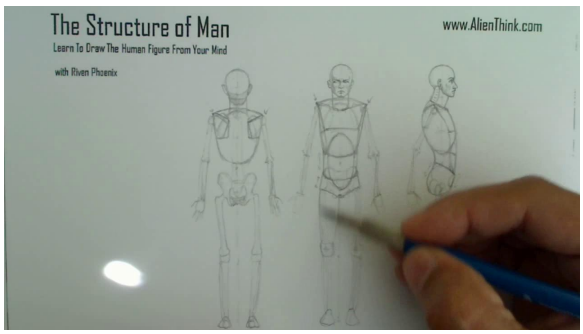
245		OK, well, this here can really be just understood that this is going to be a section of the
246		knee.
247		So we can just simplify this and draw out the legs like this, right?
248		We don't have to worry about the curvature of the muscles or anything.

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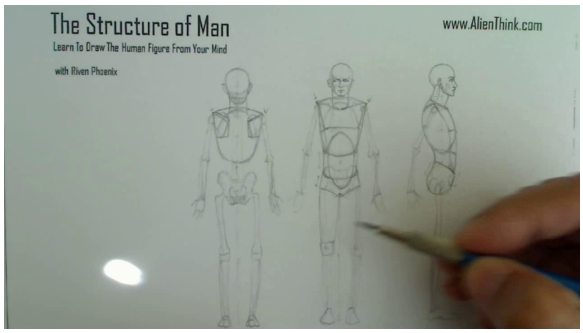
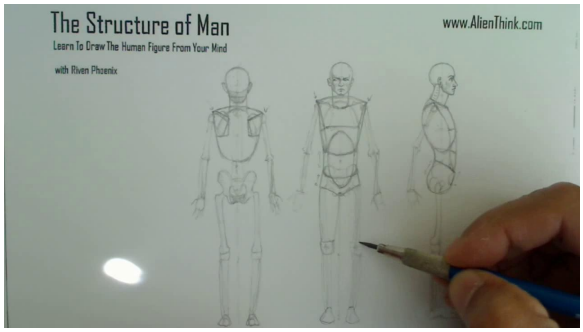
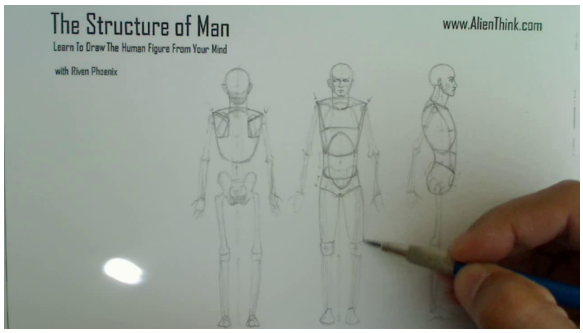
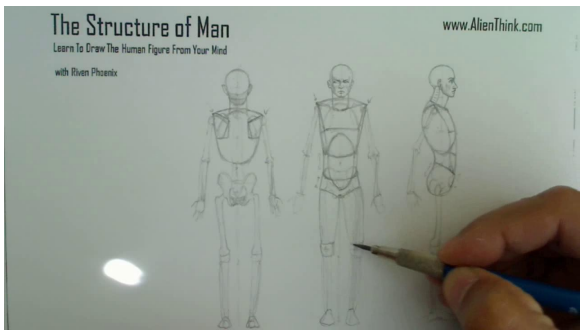
249		We just have to draw it out like this knowing that.
250		OK, look, I'm just going to know that when I draw out these very simple shapes here for
251		the leg, right?
252		I'm just going to draw this out.

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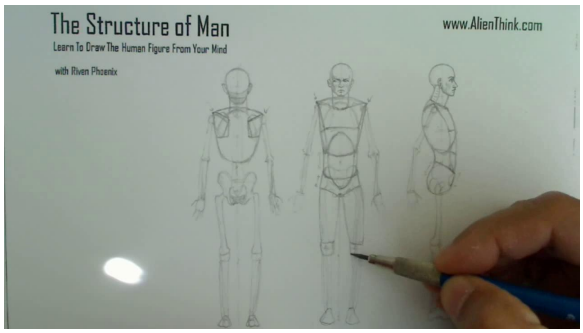
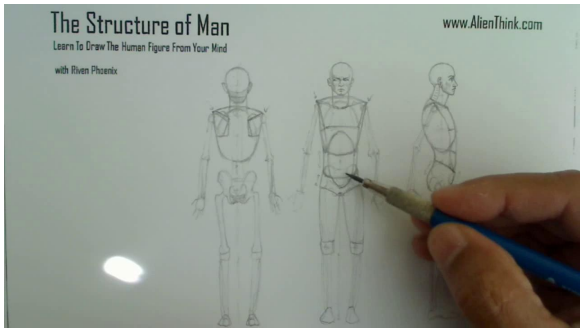
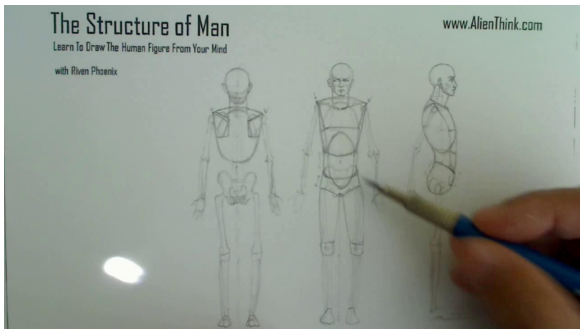
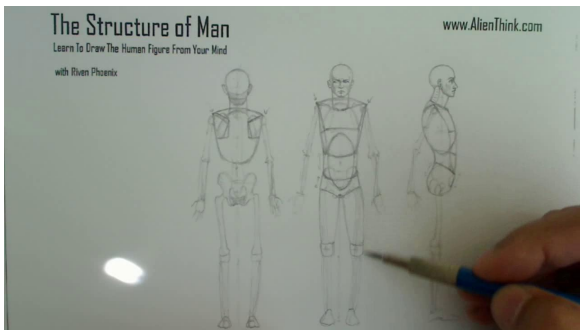
253		I'm going to draw this, right?
254		Notice that in this understanding, we're stopping when we're drawing.
255		But when we draw it out, we're not going to stop.
256		We're just going to draw out the leg is because it's very simple, right?

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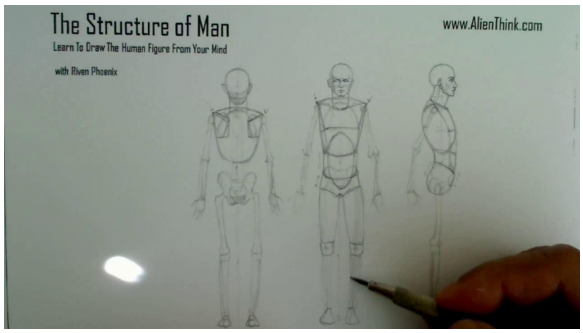
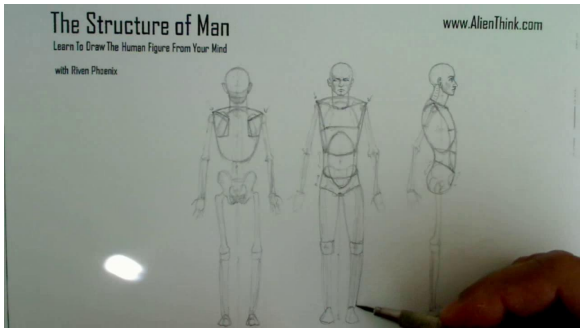
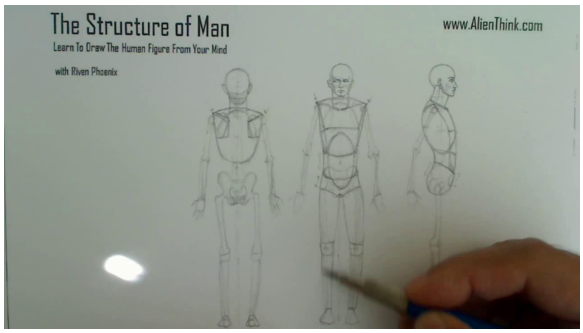
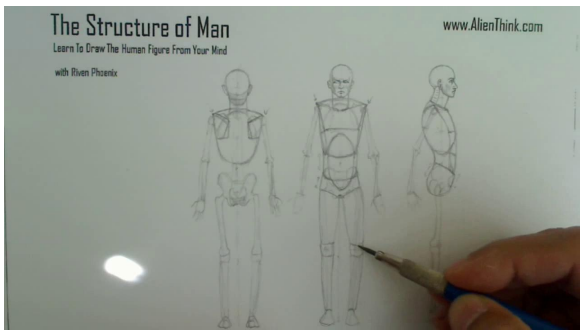
257		It's just this guy coming here, right?
258		It's a very simple cylindrical system, right?
259		But the beauty of it is that we understand how it works, right?
260		This is the knee we understand.

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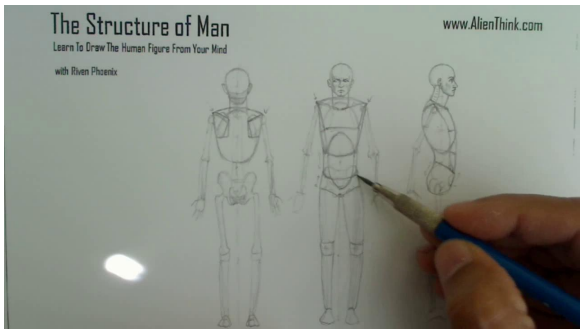
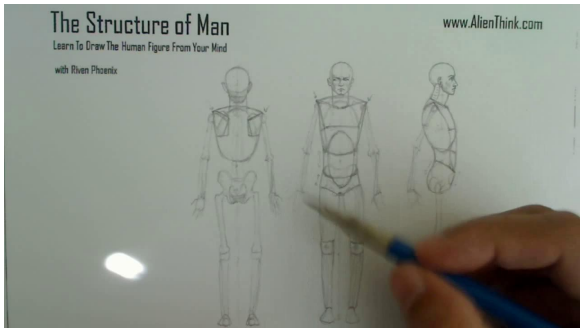
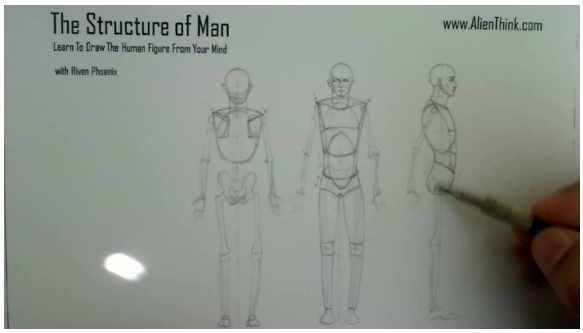
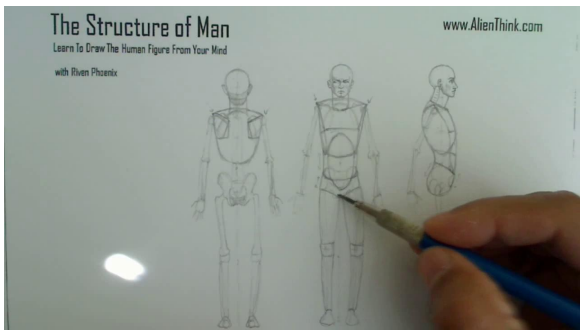
261		This component, we understand where these junctions are coming from, right?
262		OK, so we get this.
263		So what happens over here, for this area over here, right?
264		We did this.

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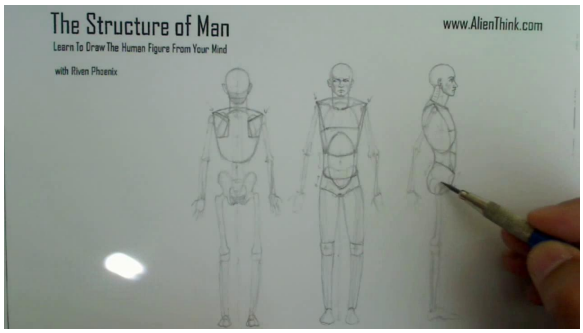
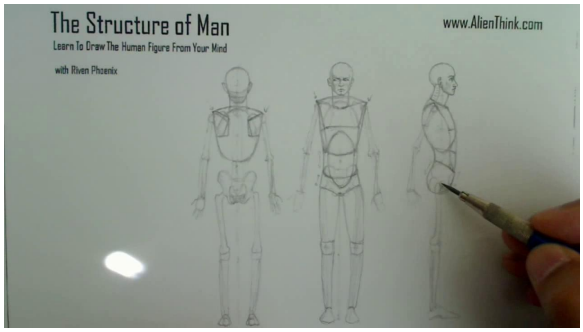
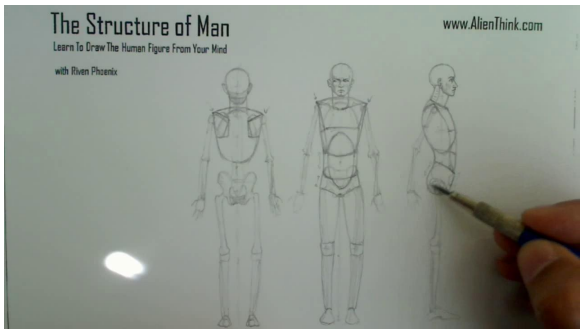
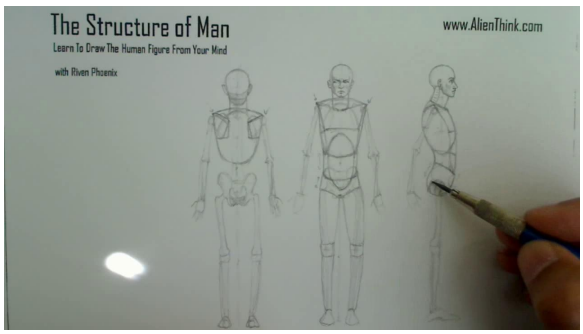
265		Well, look at where we did this area.
266		So what this means is that from the side, we really just need to worry about the leg being
267		like this over here, just like this.
268		So but look, it automatically over here starts to help you to understand what's going

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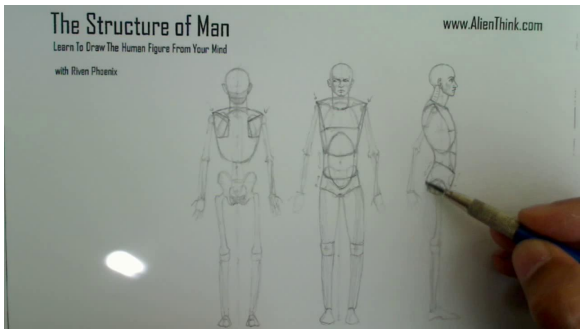
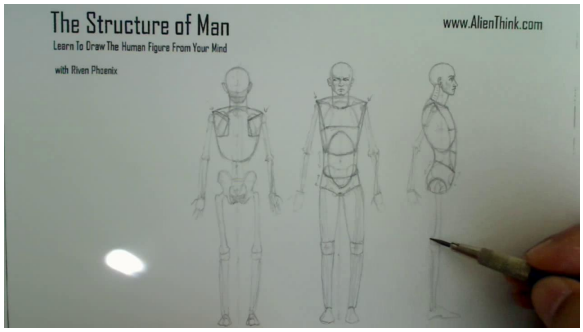
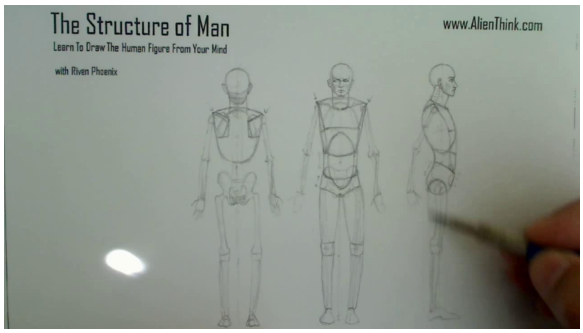
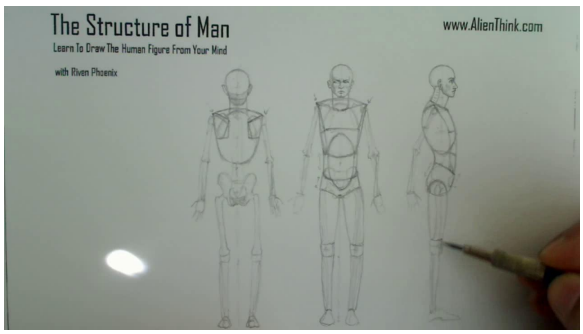
269		to happen over here in the back, right?
270		So now when I draw this shape out over here, I'm just going to go like this, right?
271		So make sure you go over this lesson a few times here just to understand this key,
272		this key concepts that I'm showing you because you'll see that it's just going to make

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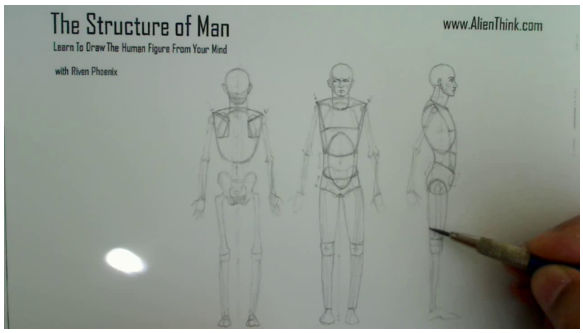
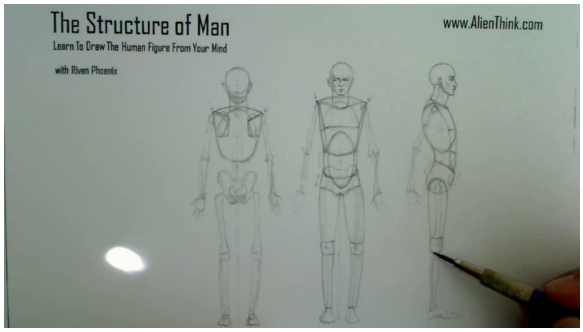
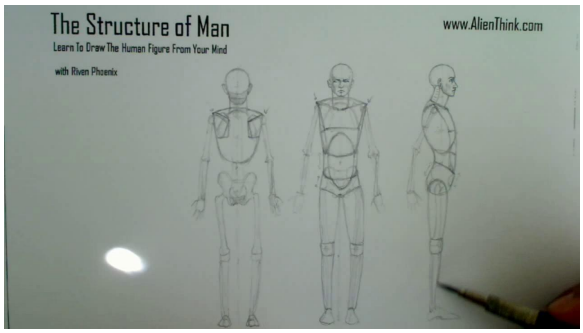
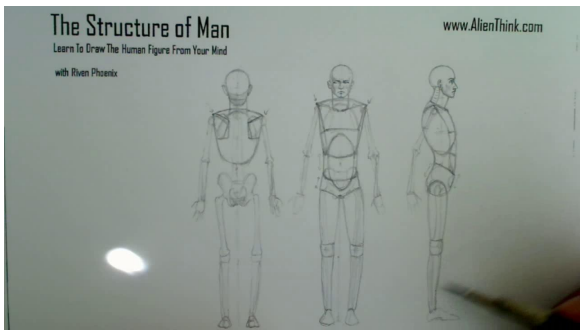
273		your life much more easier, right?
274		And then here it's just going to be very simple.
275		I know that look, it goes in a little bit and over here I'm just going to draw out this
276		very basic shit.

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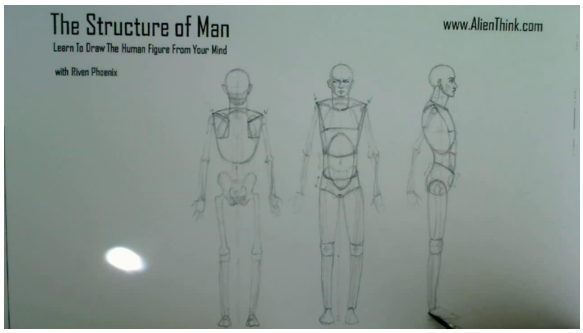
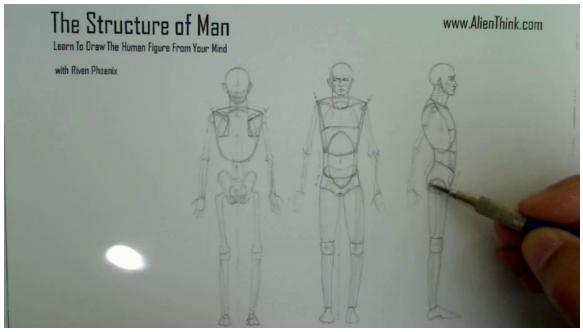
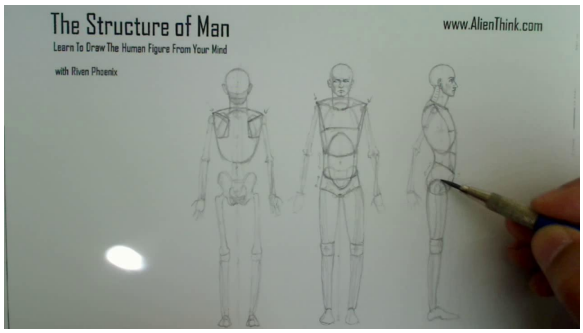
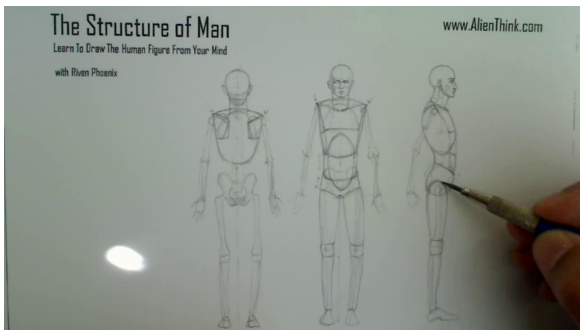
277		We don't have to worry at all about the foot because we know already how to draw it, right?
278		So this is just going to be this over here in like this, right?
279		But it goes around and then we know about this area over here, right?
280		So notice how this happened over here, right?

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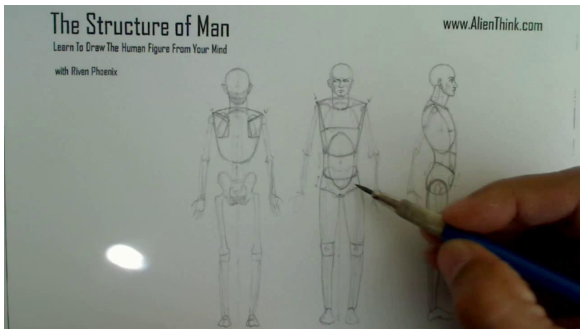
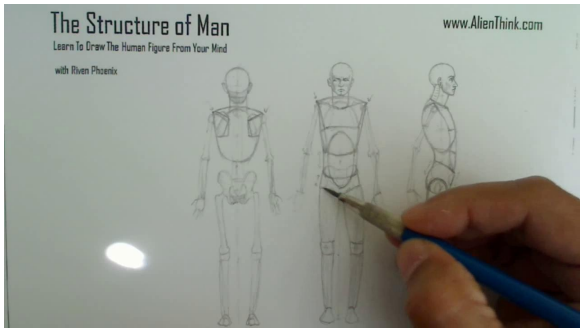
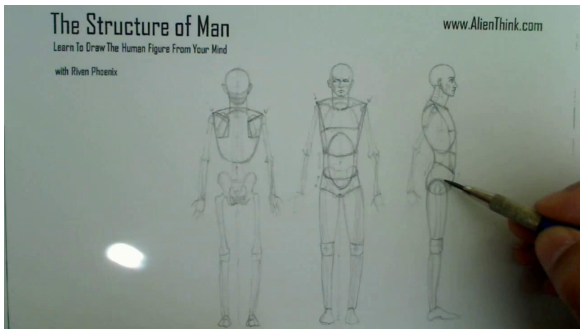
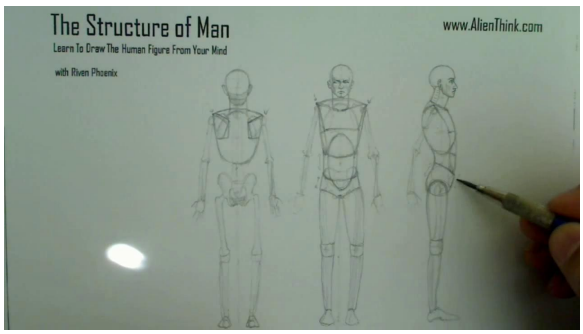
281		Regardless of how small this is compared to how big this is, it doesn't matter.
282		It's the understanding of how this section here relates to this section over here, right?
283		This is where the bone structure is and this is how we did it, right?
284		There's an angle in here that forces this area here to go in, right?

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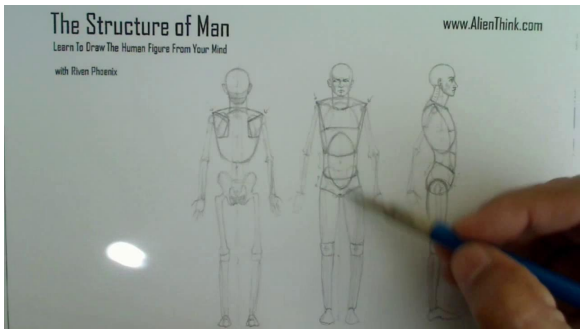
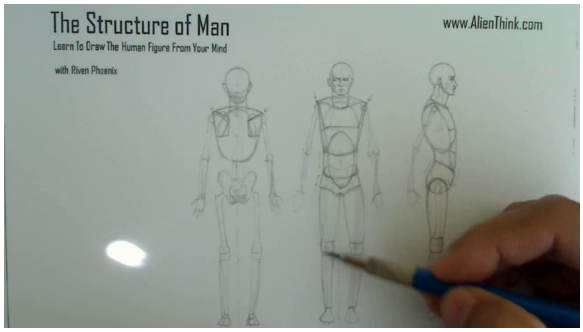
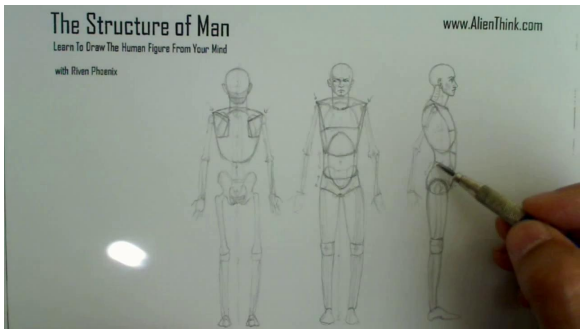
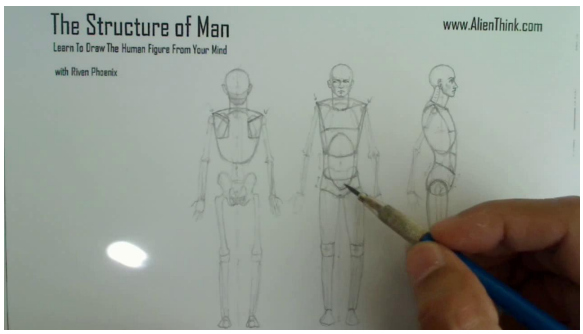
285		So we've got these concepts down.
286		We understand the legs are very simple and we understand we're going to do this, okay?
287		Now let's look at this understanding that we've created so far from the back.
288		How is this going to look from the back?

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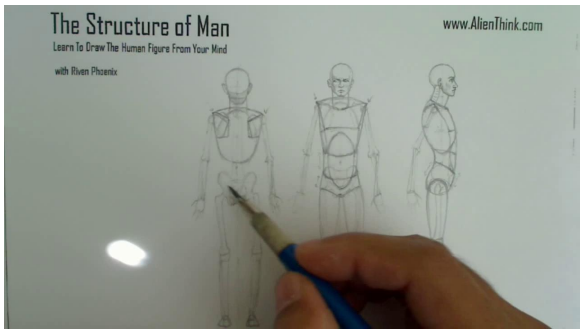
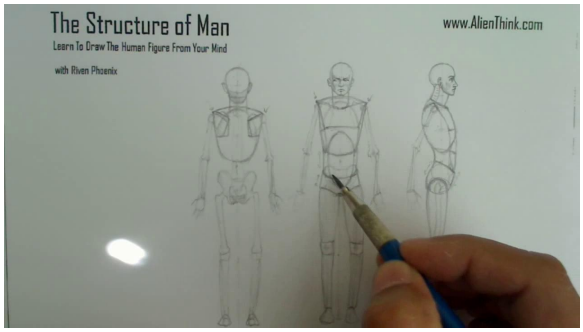
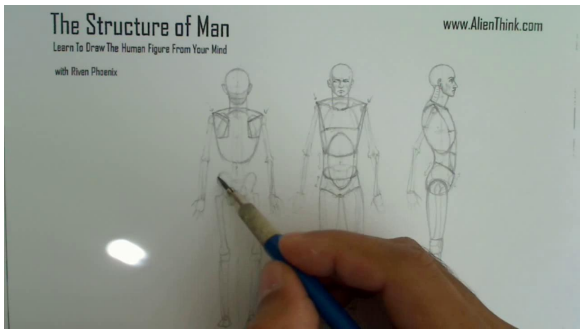
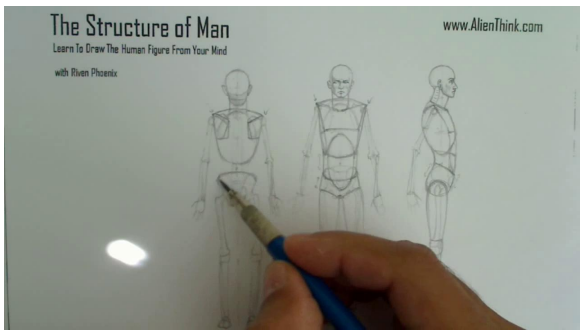
289		Well, it's going to be very easy.
290		We look at this, we know that from the back it's really was going this way, right?
291		So from the back we're just going to understand this area here like so.
292		It's just going to come down this way and it's going around the other way, right?

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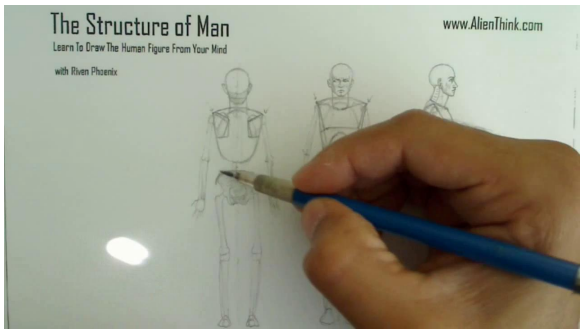
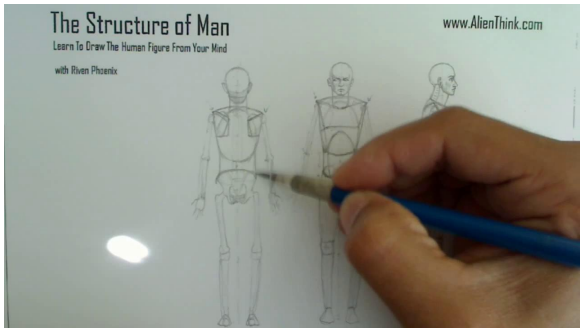
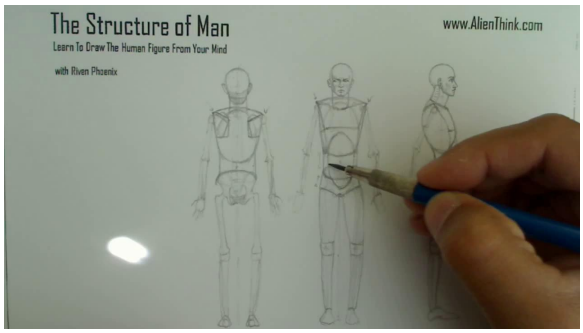
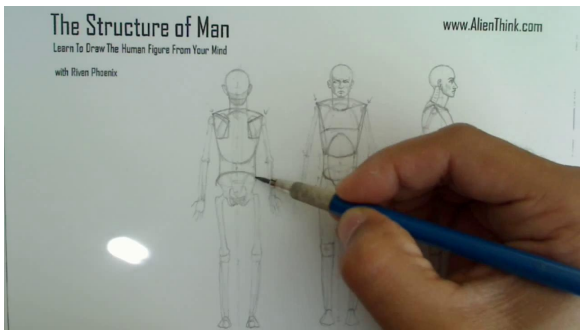
293		So what happens over here is that in this area here we're just going to put this simple
294		idea here.
295		Again, this is the same thing here that I drew over here and I'm just showing you that
296		this is what it's going to look like, right?

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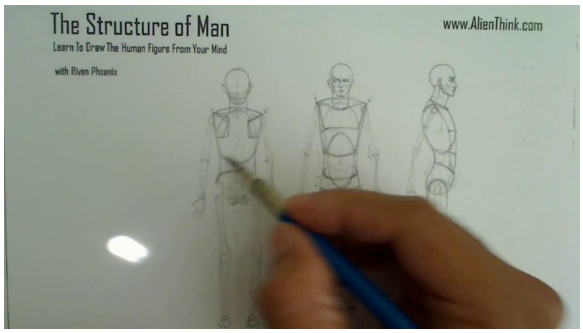
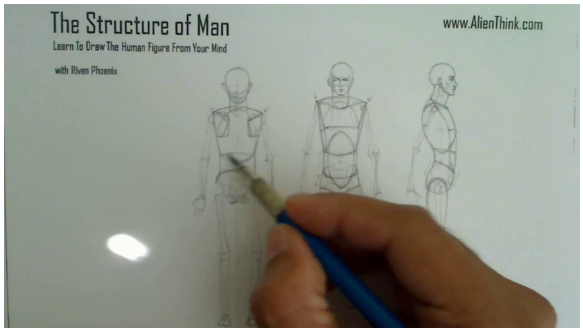
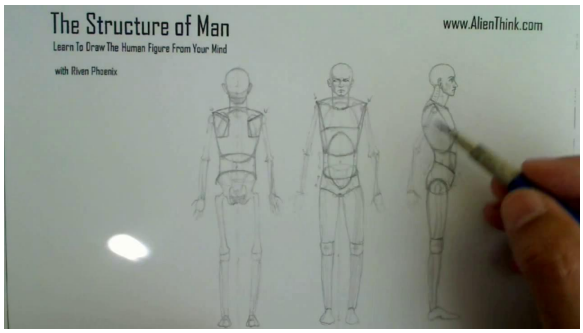
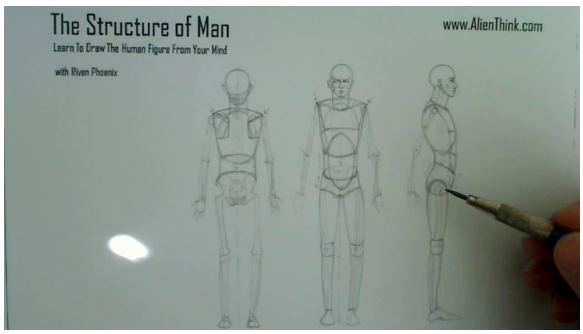
297		So to simplify this, we said we're just going to do this, okay, well, I'll just do this.
298		It gives me a cylindrical shape to work with when I'm drawing in freehand, right?
299		Remember what we're doing is forcing the mind to understand the concept of the human figure
300		as a one blob idea and these are the key areas that we're saying that this is going to

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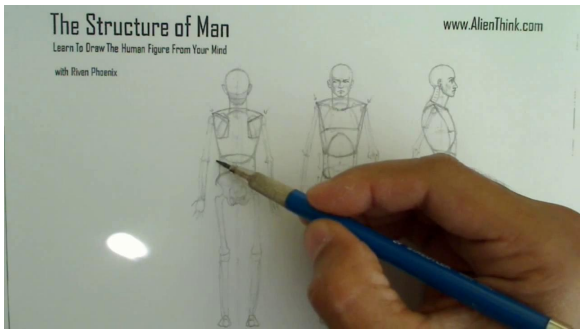
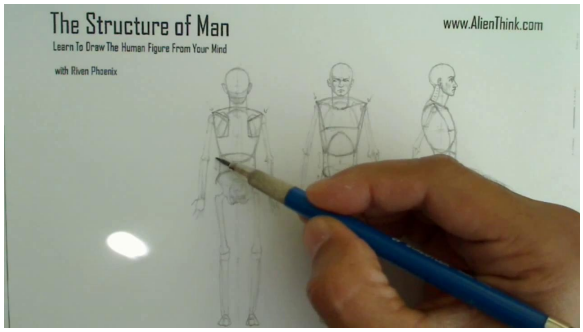
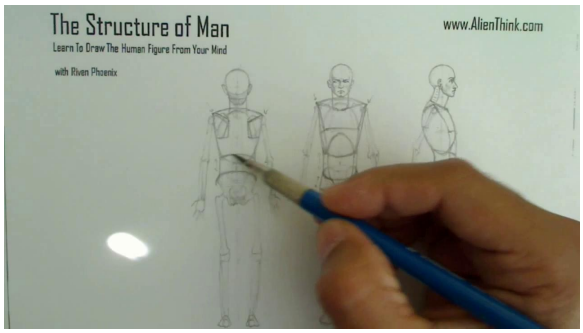
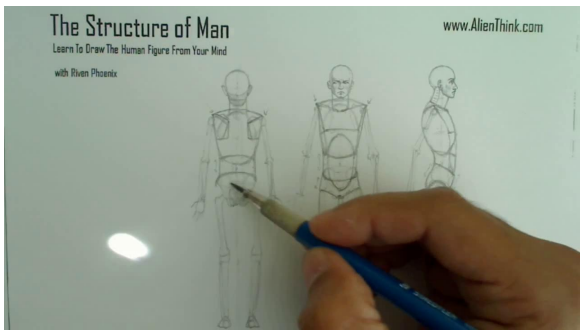
301		be.
302		So we'll remember this, right?
303		It's just an area that just goes like this.
304		So the important key understanding of this is now we want to let go of the pelvis.

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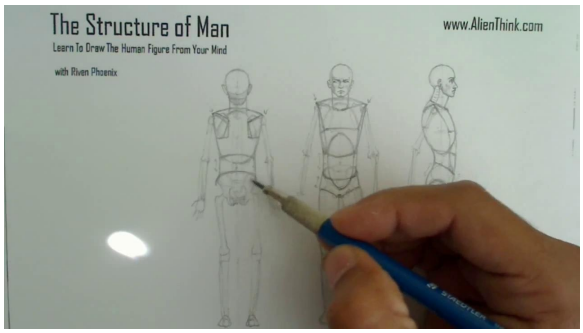
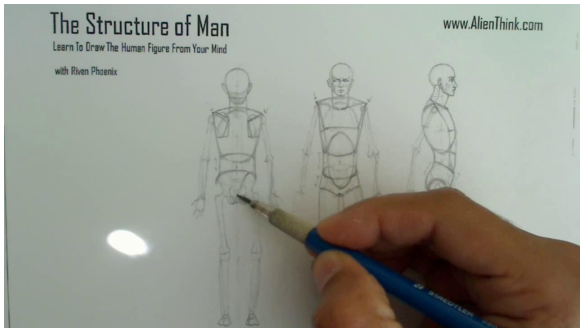
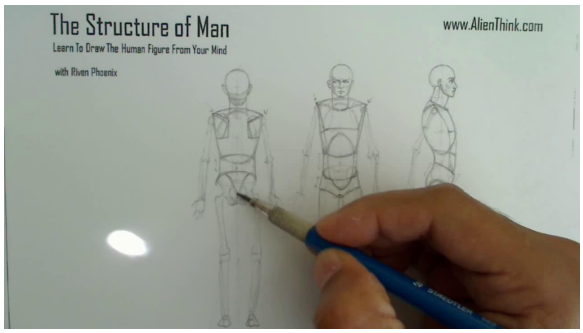
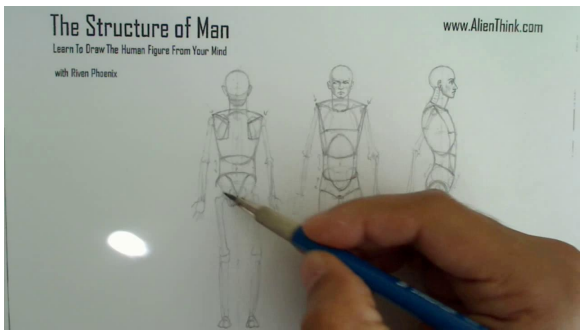
305		So we can do that by just putting this line here, right, where the saccharom is.
306		We're just going to do it this way and just say that this is a key component that we're
307		going to understand about this, right?
308		All of this is just going round, right?

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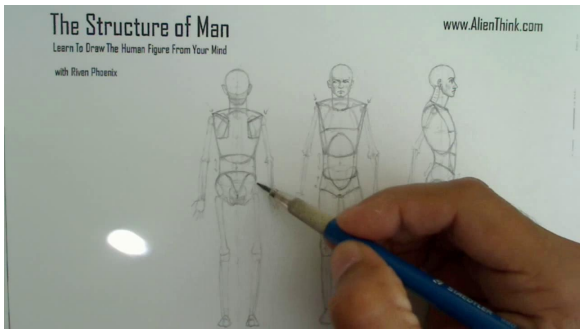
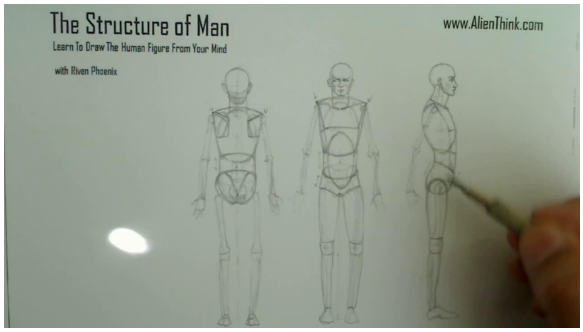
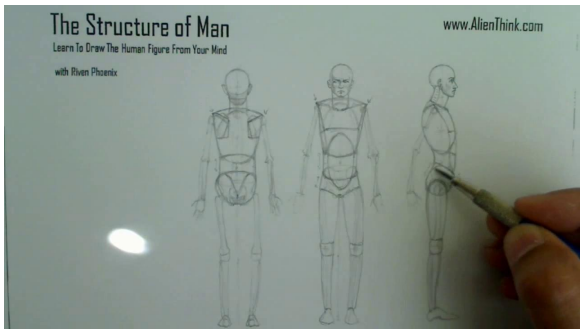
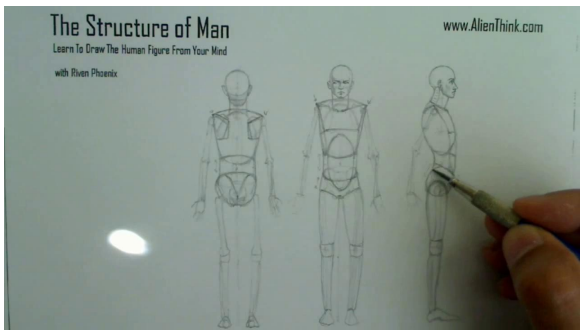
309		It's just a round idea that goes like this, right?
310		So what happens here in the back is look, the pelvis is still here.
311		We want to let go of the pelvis.
312		So we'll just say that look, this line is here and this is going to play a major role

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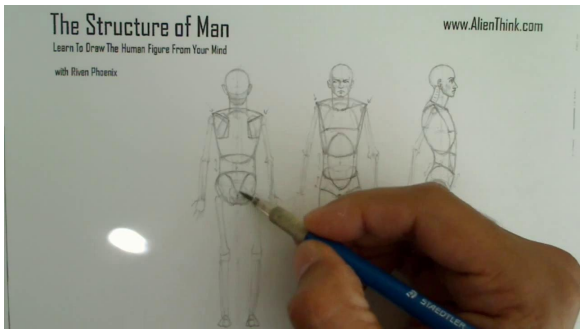
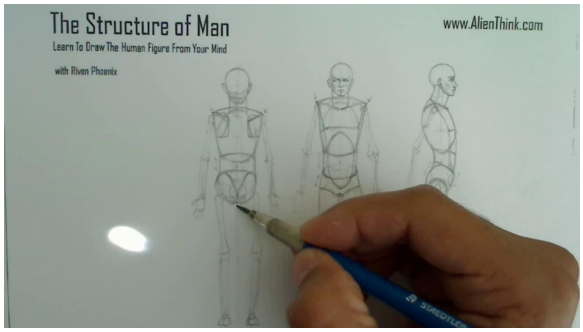
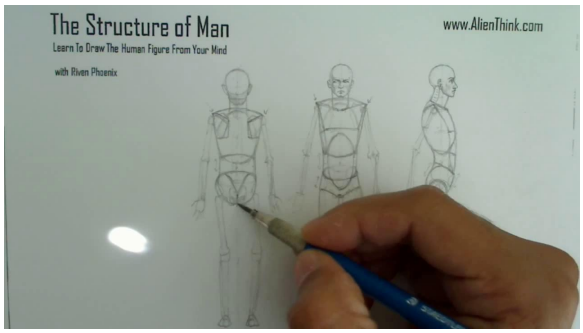
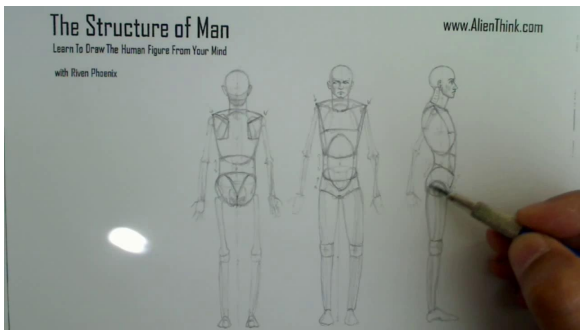
313		in understanding the muscles because we'll always know about this line over here that
314		goes like this, right?
315		And so this, that's all this problem.
316		So now we face with this is what's going to happen over here when it comes back, right?

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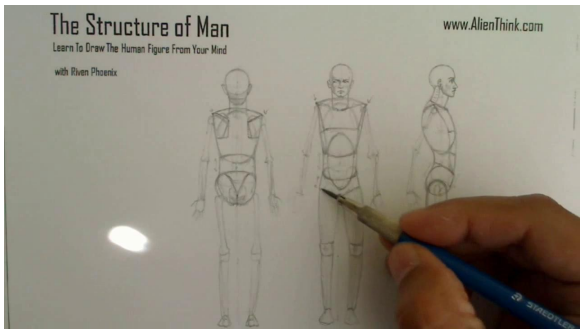
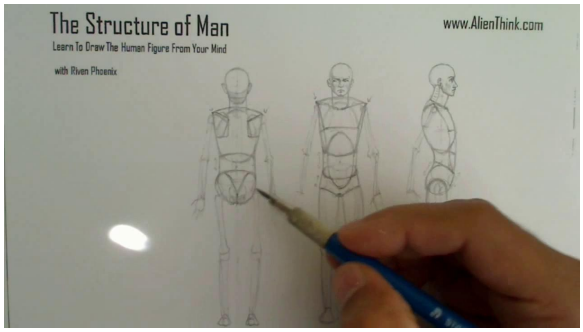
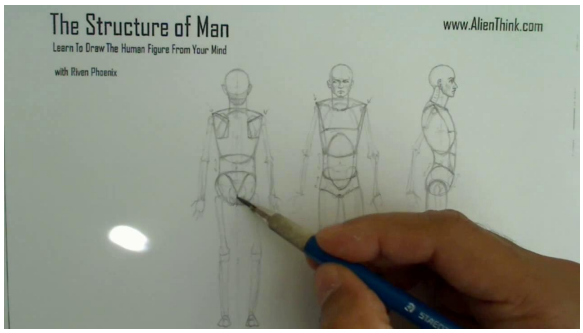
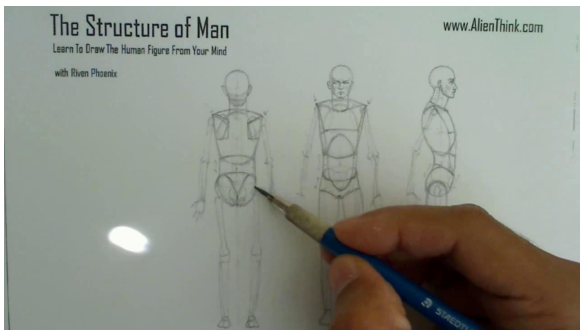
317		We already understand this.
318		What's supposed to happen here?
319		Well, nothing.
320		You just do the same thing.

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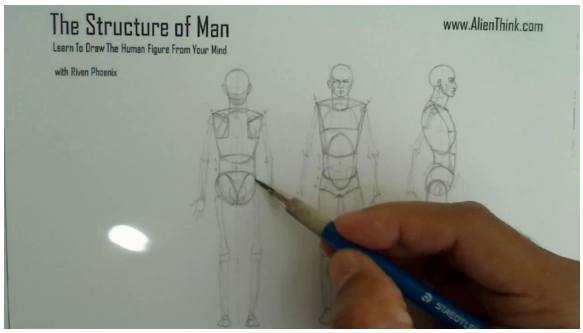
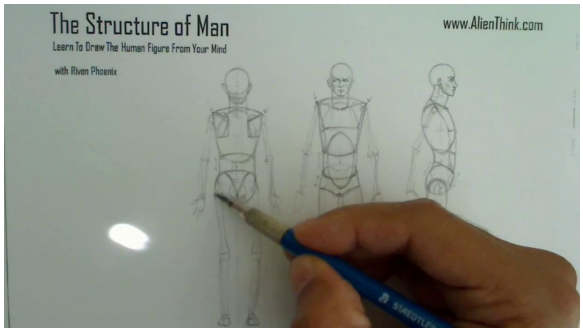
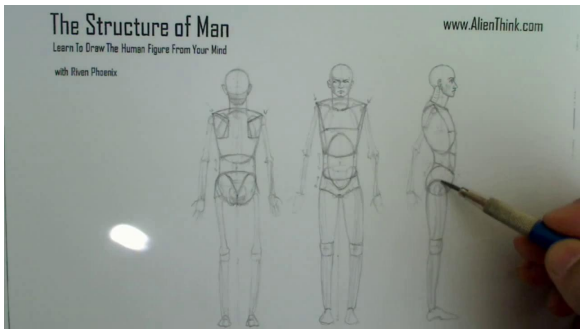
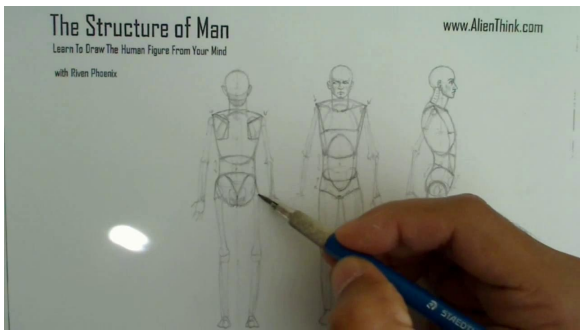
321		You first draw this line here, right?
322		You draw this line here because we're saying this is here.
323		We can't forget this line.
324		So basically from here, we're just going to make this from the back, right?

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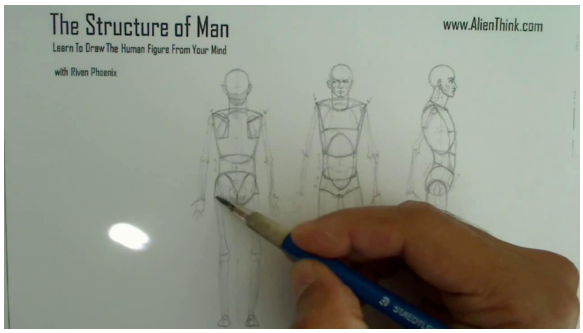
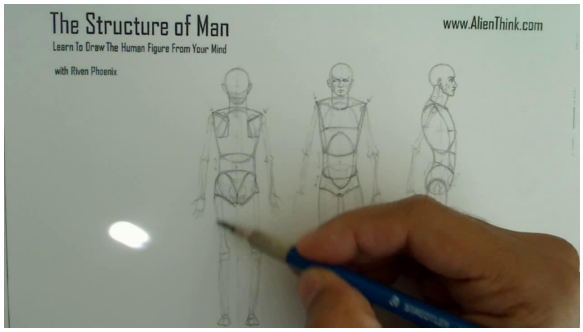
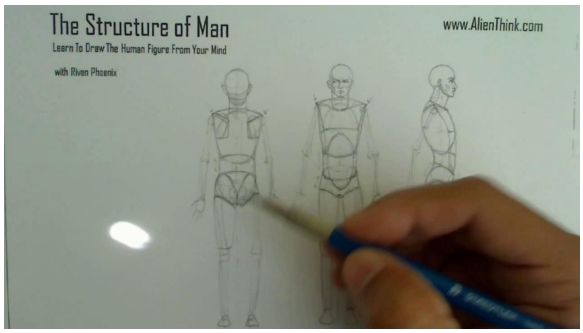
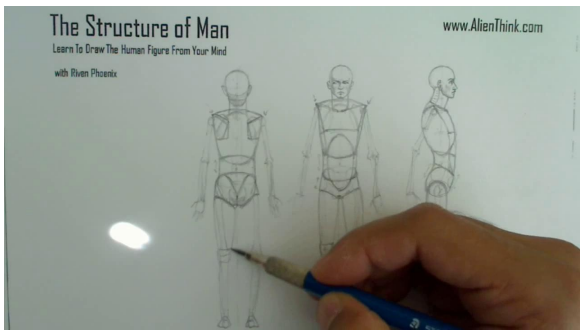
325		So it's like this very simple underwear system that this guy has.
326		Anything else from here is just very simple.
327		It's just going to come down like this over here.
328		We know that the knee is on the other side.

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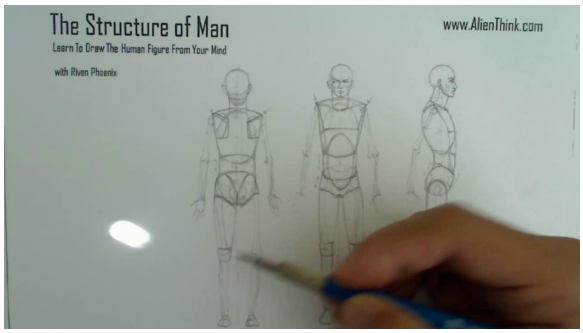
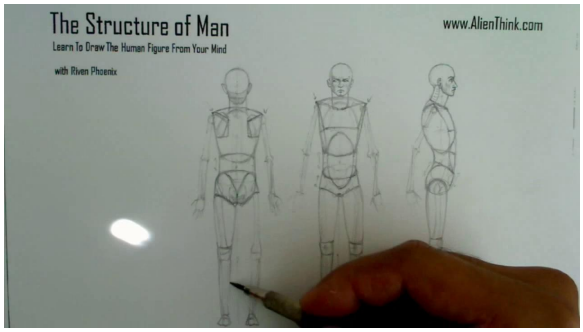
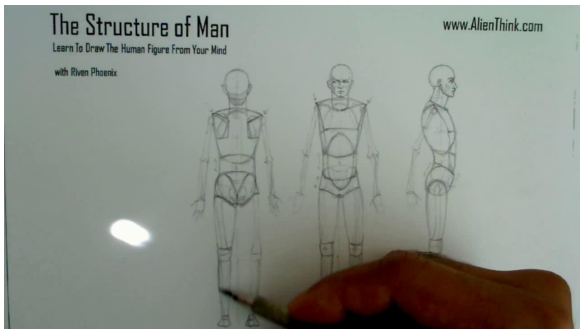
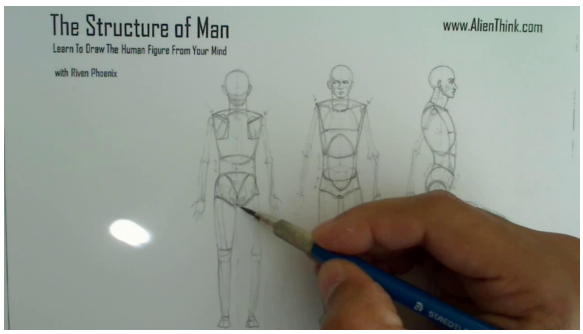
329		It's just going to go like this over here and then I'm going to just get this very simple
330		system over here, right?
331		I'm going to curve it out a little bit and run done with it.
332		And then from here, I'm just going to draw this out like this over here and then finish

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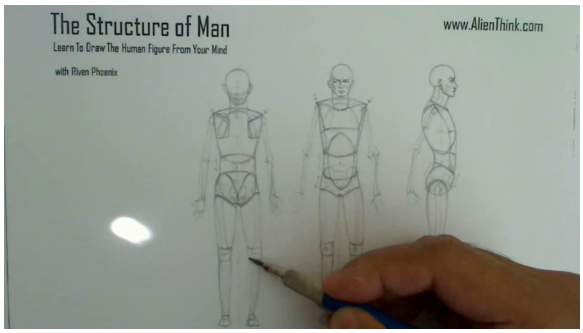
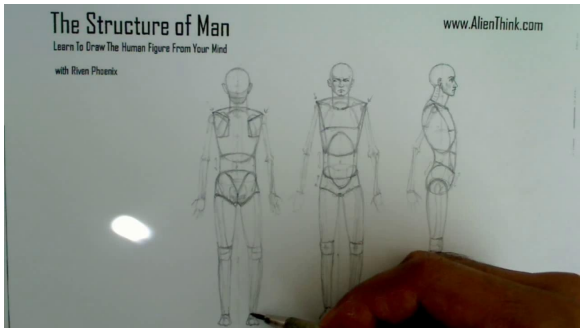
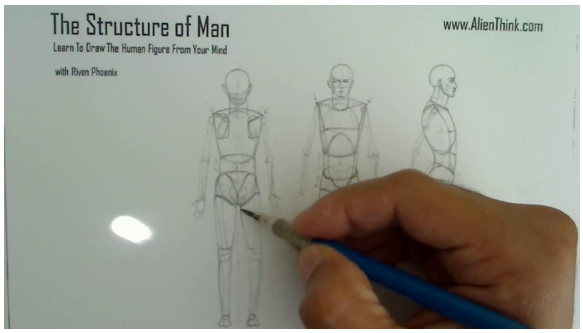
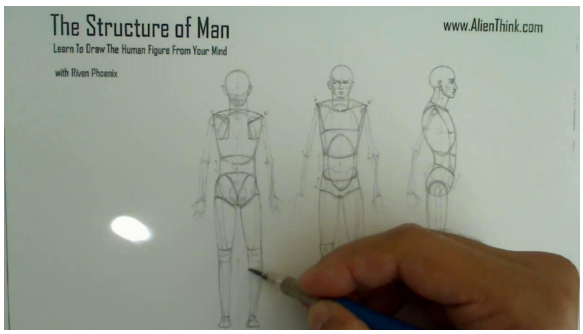
333		this up like this over here, right?
334		So here I've just got a basic system, right?
335		So here I've got this leg over here and then I'm just going to draw it out like this,
336		right?

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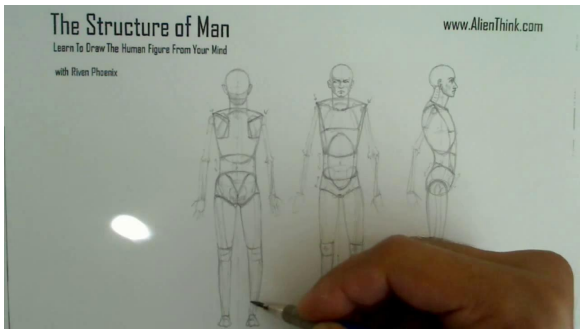
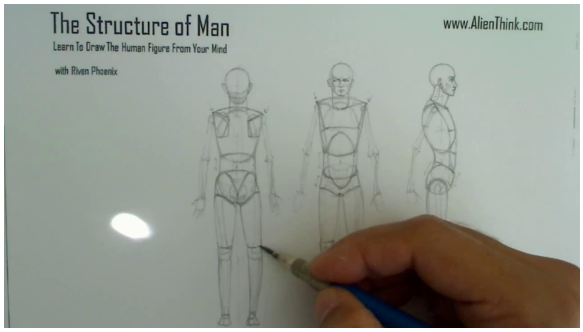
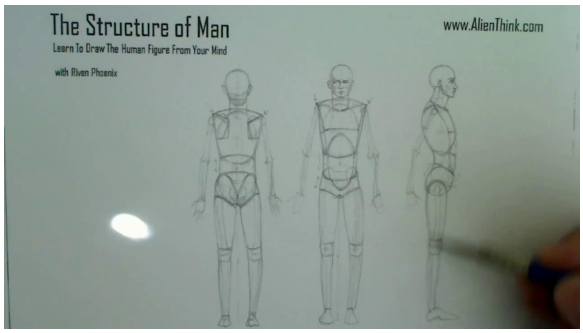
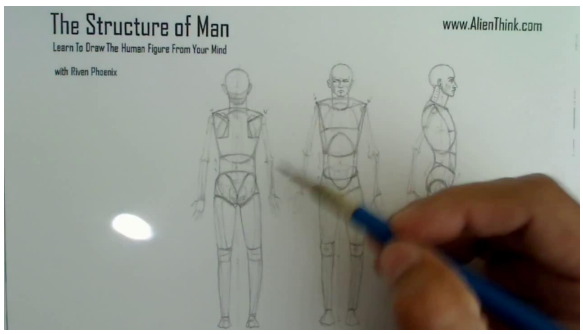
337		I'm going to make this a very simple system here for the mind to understand, right?
338		We got the knee area here, this area here, this area here, right?
339		Just understand the key components as to how we did this, okay?
340		So the next vital thing that's going to happen is we're going to want to understand

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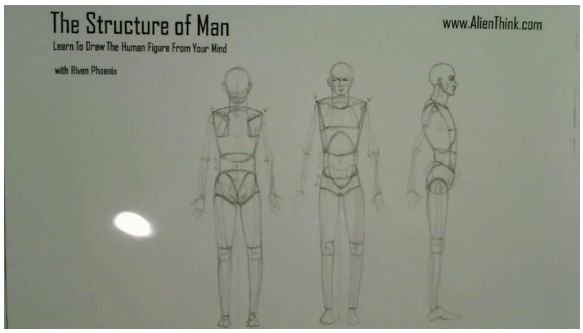
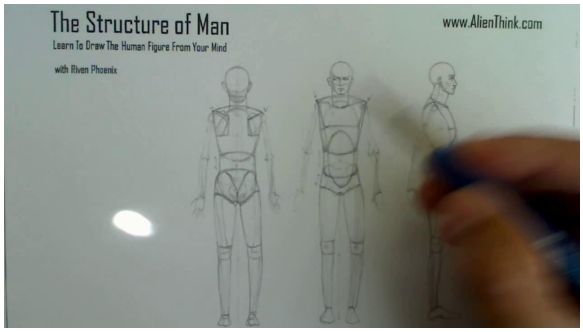
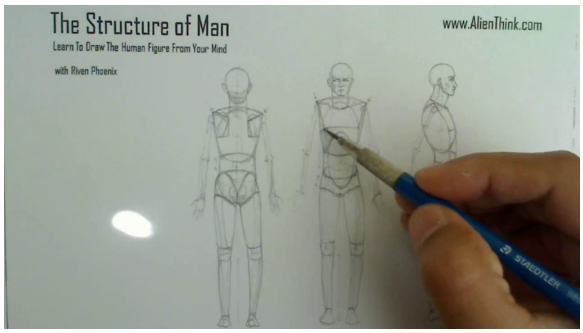
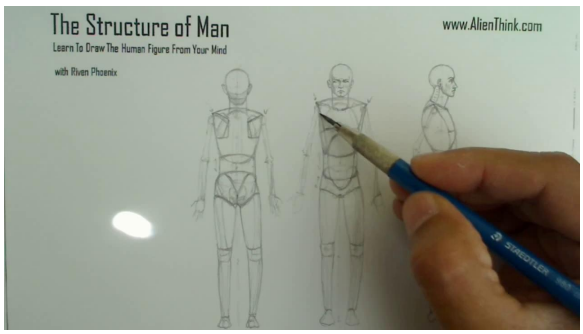
341		the mechanics of the arm.
342		Well, it's very simple, right?
343		So over here where the bottom line for the chest cavity is, we're just going to say that
344		look, just draw out a hole that just above can not in the middle, but just a little below

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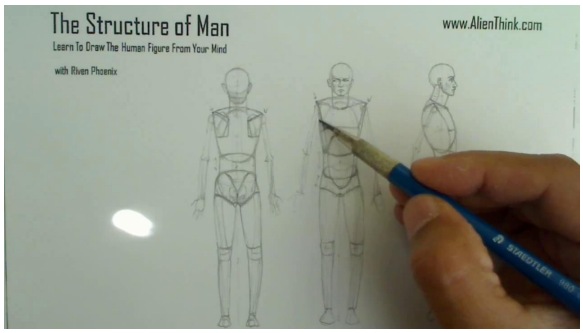
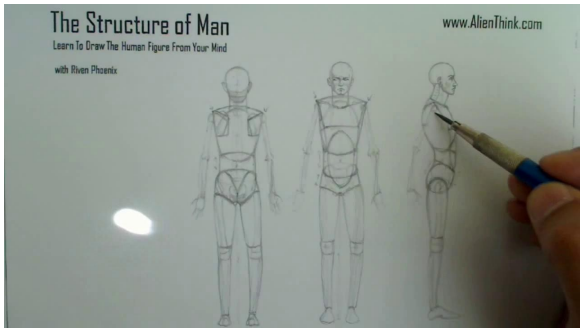
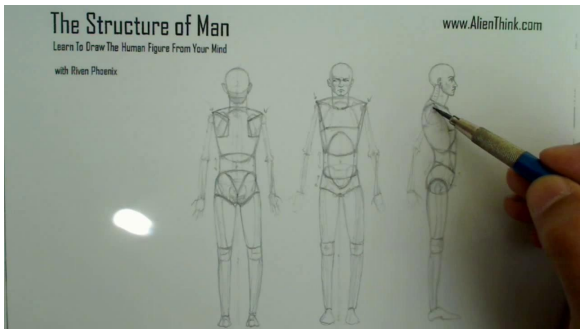
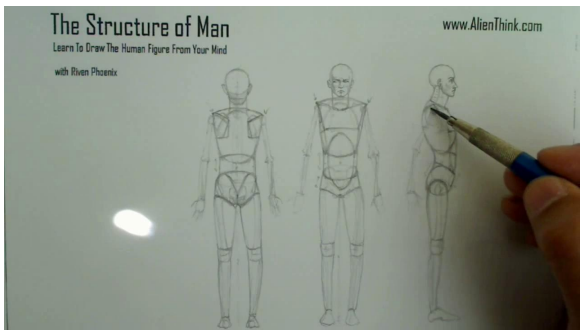
345		a hole, right?
346		So we're just going to draw a hole like this on the side here.
347		Look where this hole is.
348		This is the top.

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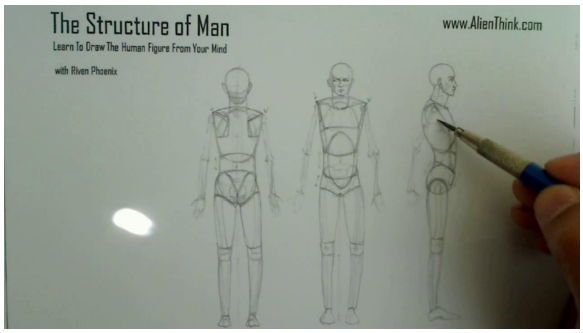
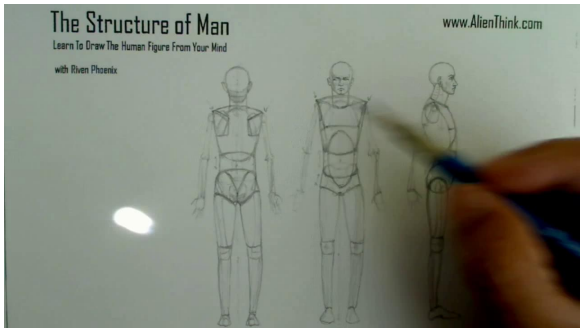
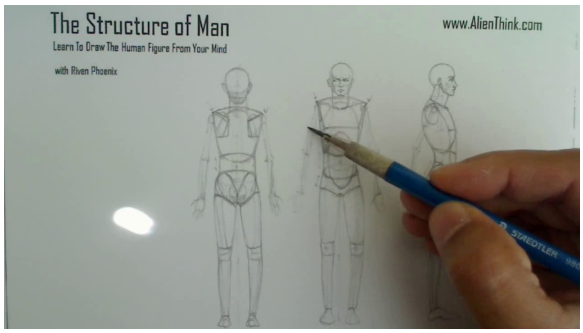
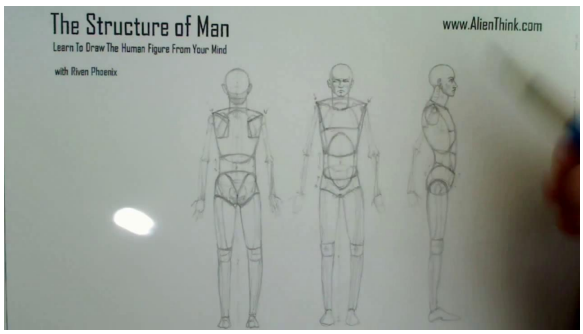
349		It's going to come down here like this, right?
350		This is because if you notice that regardless of your shoulders, you're out of part of
351		your bicep area over here and your triceps here, it's connected really to this point here,
352		right?

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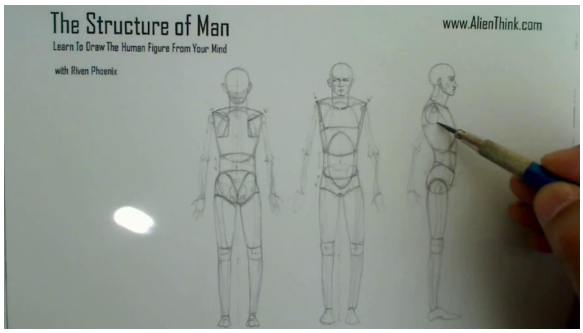
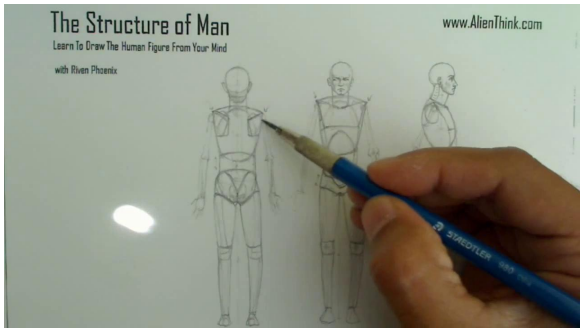
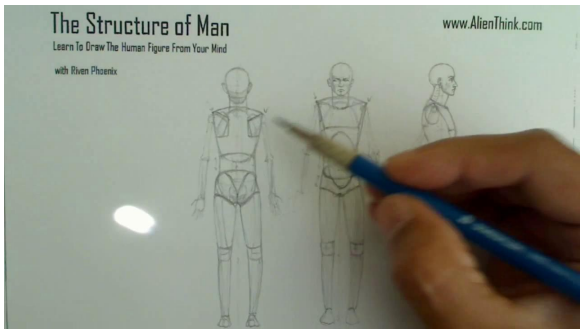
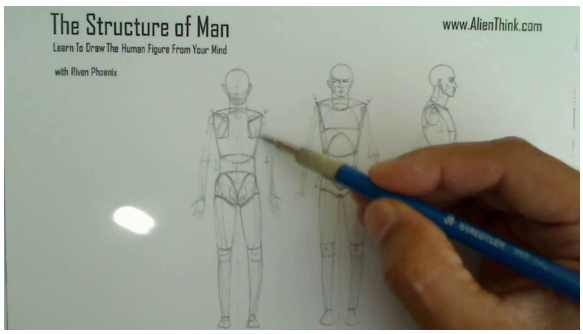
353		So this is why we're drawing the hole over here.
354		So it means that over here, the hole is actually going on a little bit on a perspective,
355		right?
356		We don't have to be so detailed in understanding it when we're drawing it out, right?

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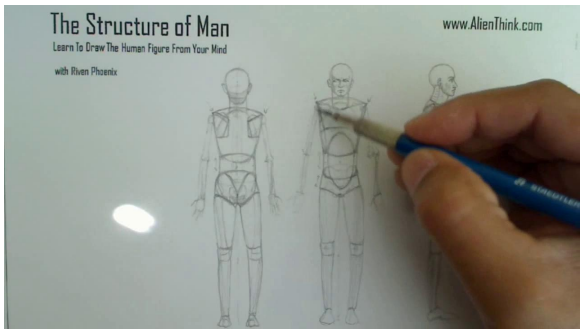
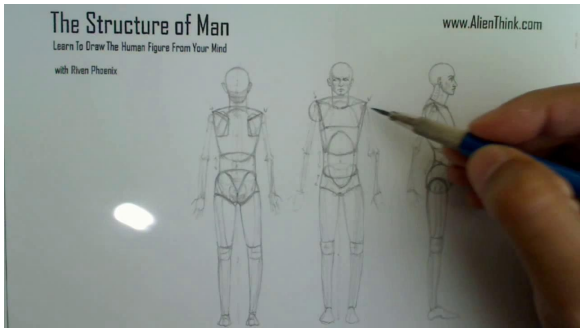
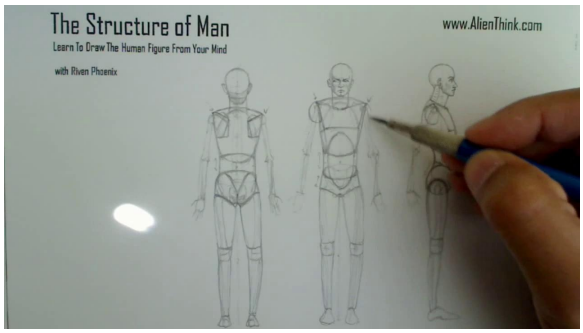
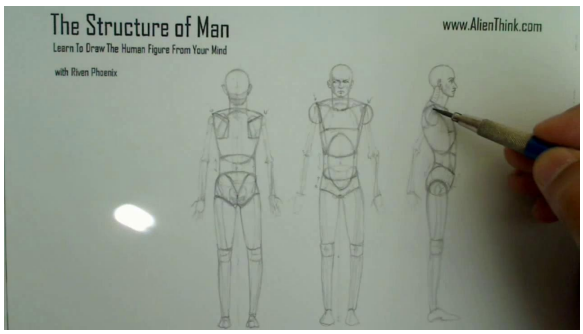
357		So anyways, so what happens here is we just need to now put a ball, a ball shape over
358		here, right?
359		And this will take care of simply understanding that what's going to happen with the shoulder.
360		Right?

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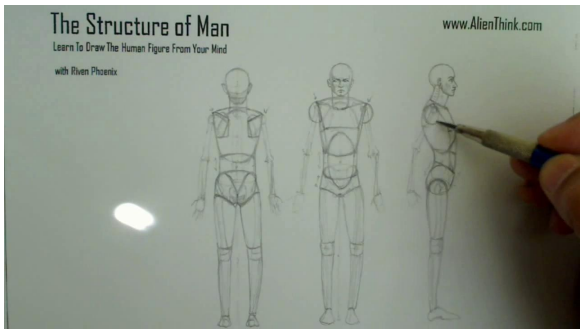
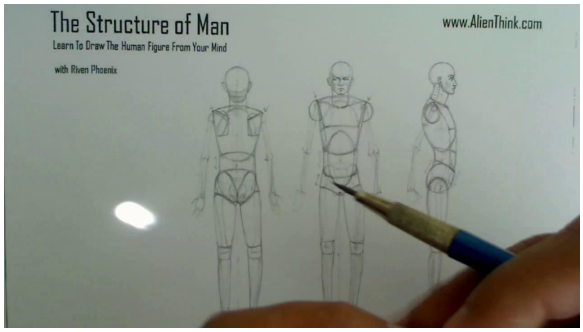
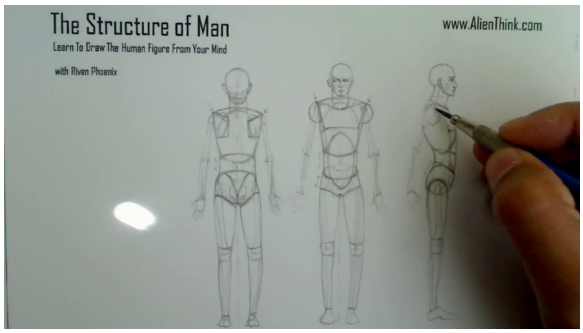
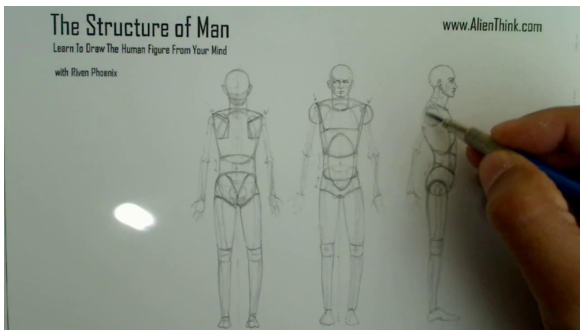
361		So this ball shape is basically going to be over here.
362		So let me just show you something here, very important now.
363		See this ball shape here?
364		I'm just drawing a ball shape here, understanding that when I drew it, look, I'm above a little

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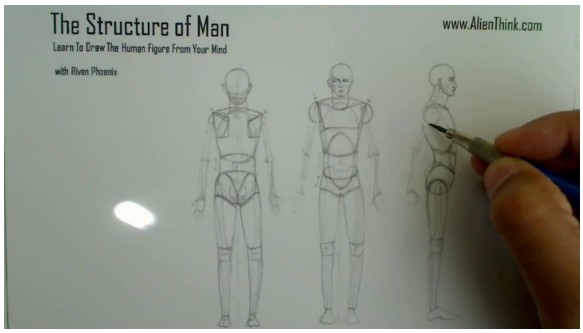
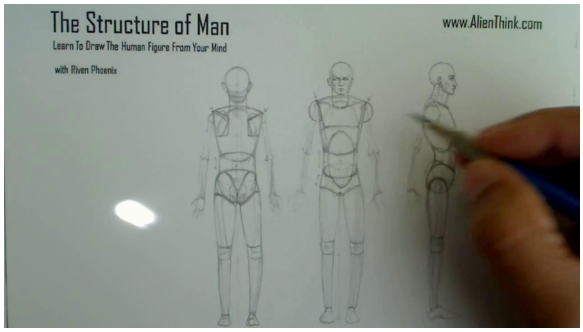
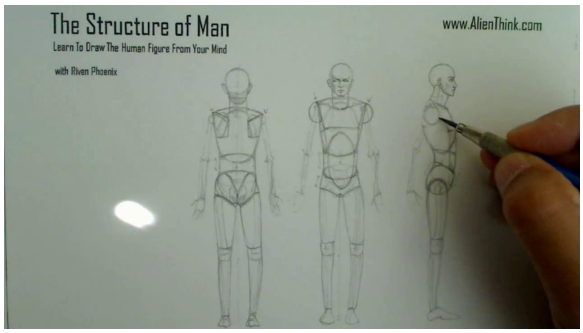
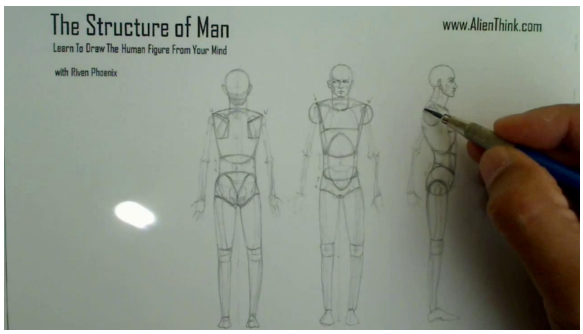
365		bit above this, right?
366		And making sure that I'm like this over here.
367		But notice this, when you draw the ball shape, look, you already got this from the back.
368		So you know that this is why you can see a little bit of the back over here.

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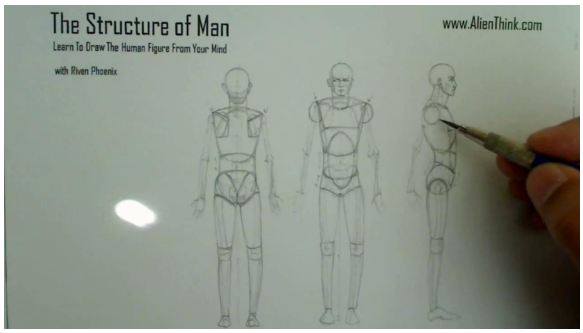
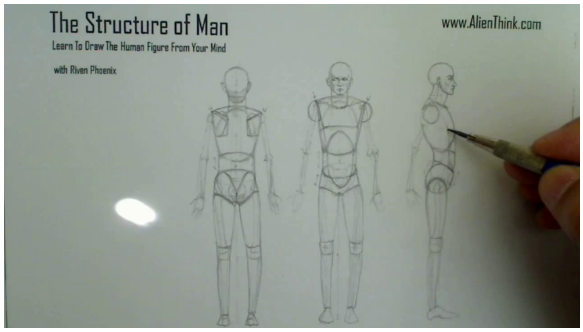
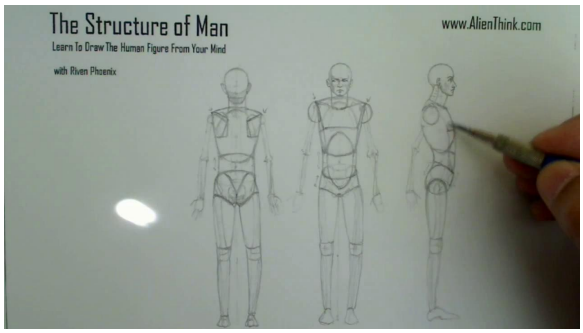
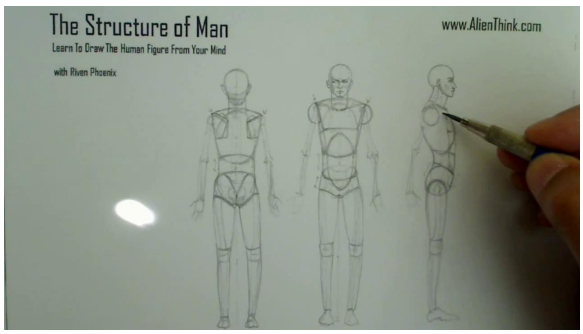
369		Not only this, but notice this.
370		This is where the pack muscle is, right?
371		This is where your pack muscle is and notice where this is, right?
372		There is a obvious distance that you have to be aware of and this mannequin system is always

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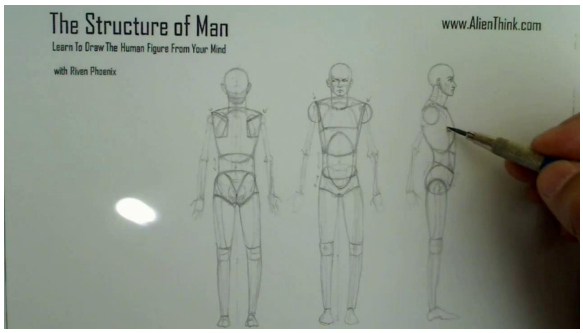
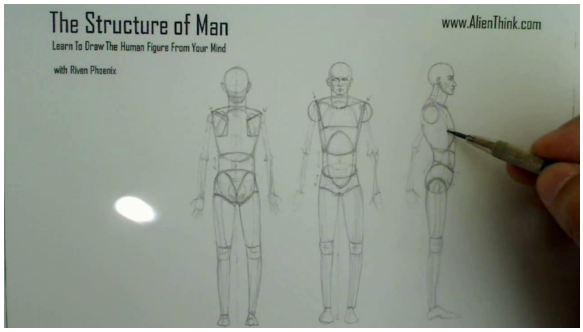
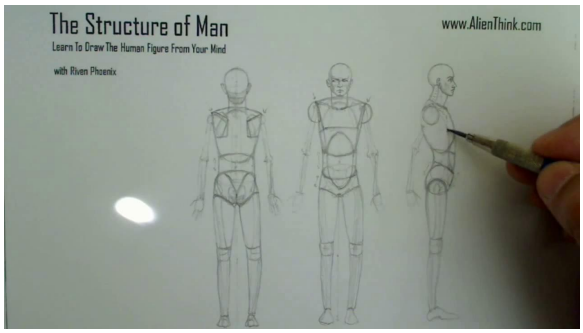
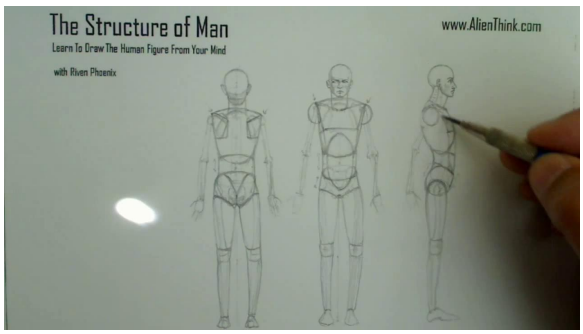
373		going to solve this for us because we know that the pack muscle is going to go back anywhere
374		here, right?
375		But don't draw that line.
376		I'm just showing you to be aware of this idea.

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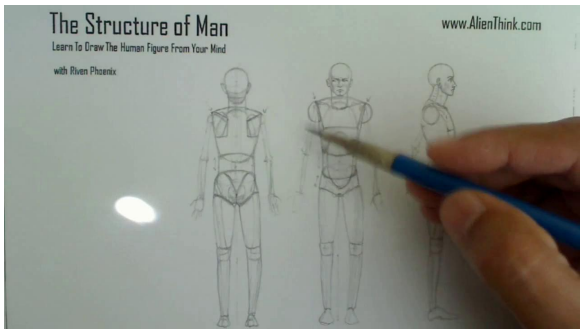
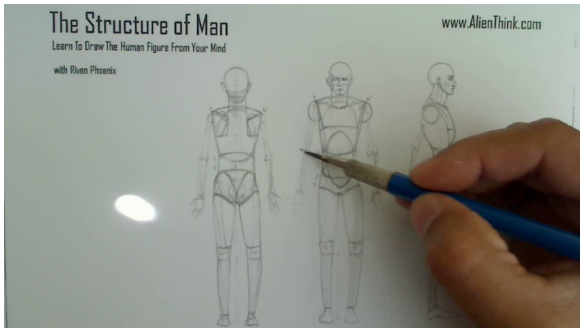
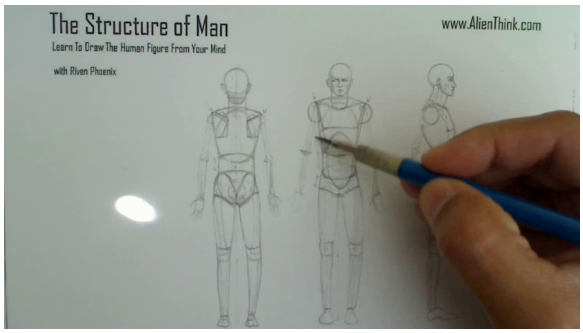
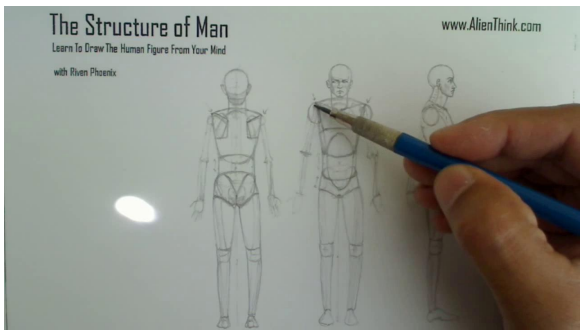
377		So now we come to this concept, okay, well, this is going to be very easy.
378		We just have to draw cylinders, right?
379		So the cylinder, rather than try to figure out in 3D, it's better to just draw a line,
380		right?

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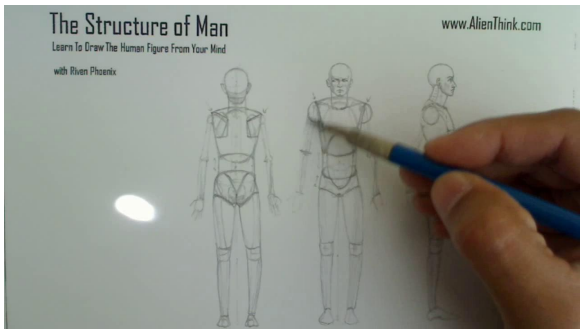
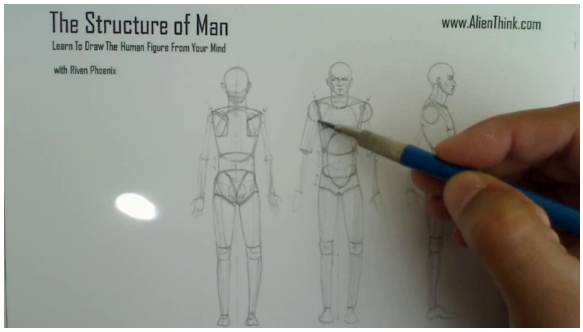
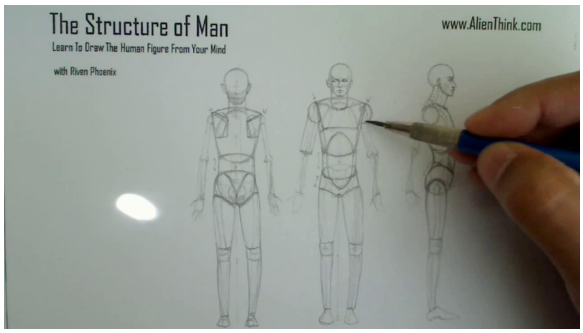
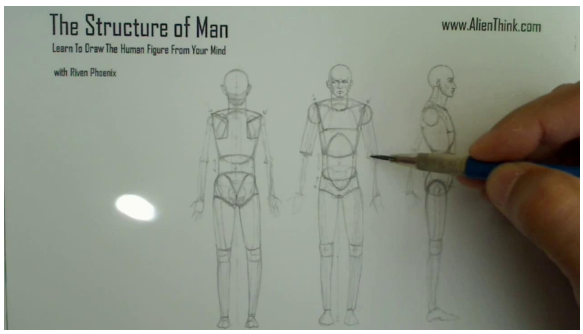
381		As long as you're kind of like over here, a little bit up, just draw this cylinder line
382		over here like this and resolve that, right?
383		There's no reason to draw it out in 3D over here and frustrate the mind.
384		This gives us a much more easier system to draw, right?

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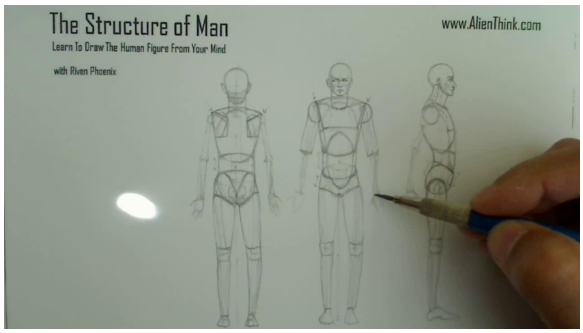
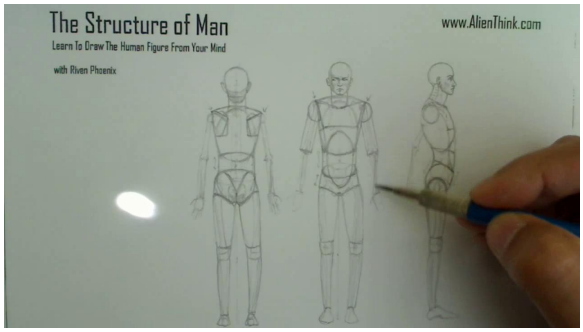
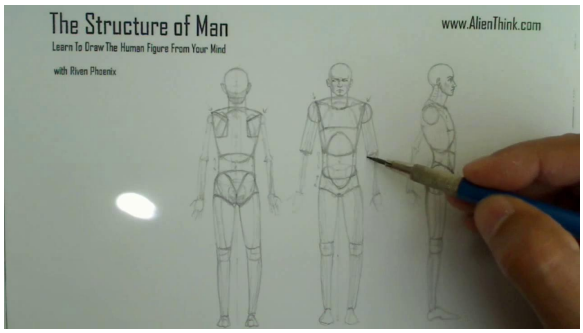
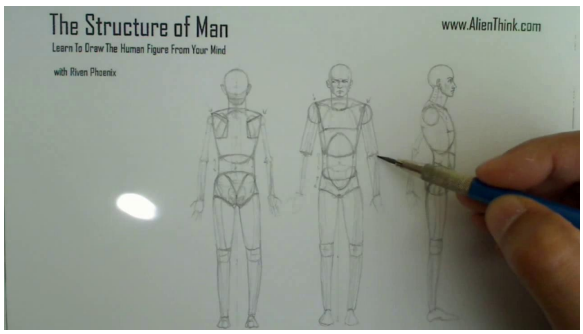
385		And over here, it's going to be very simple.
386		Notice where this bone is, right?
387		So we're just going to draw a cylinder system here, right?
388		So what this helps us to understand is look, with this mannequin system, we already know

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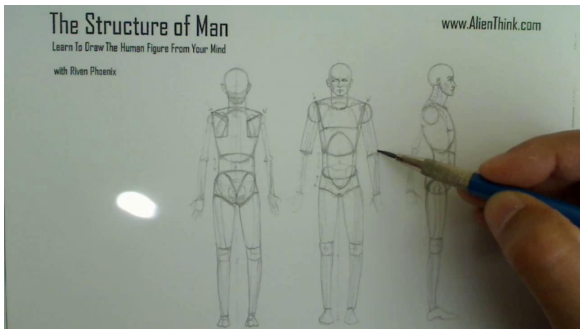
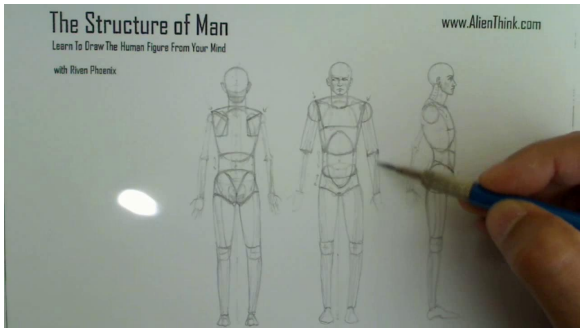
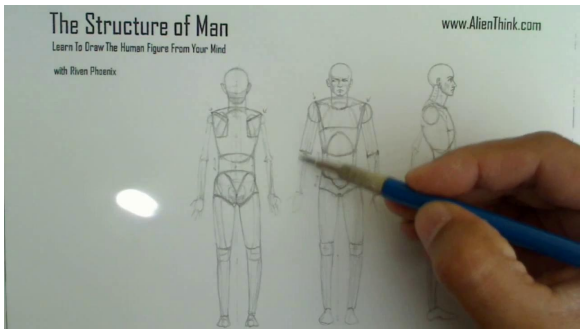
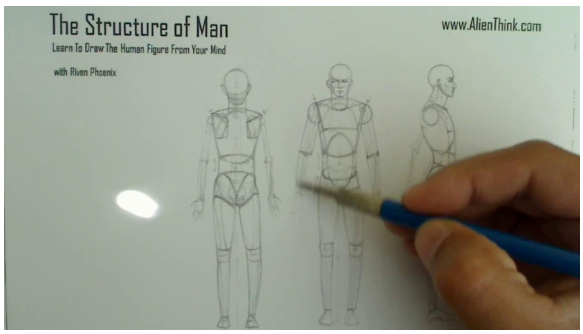
389		that the radius is going to be here and the other bone is going to be here, right?
390		So when this comes over here, we always know that now I understand how it needs to twist,
391		right?
392		And don't over here, I'm going to do this, right?

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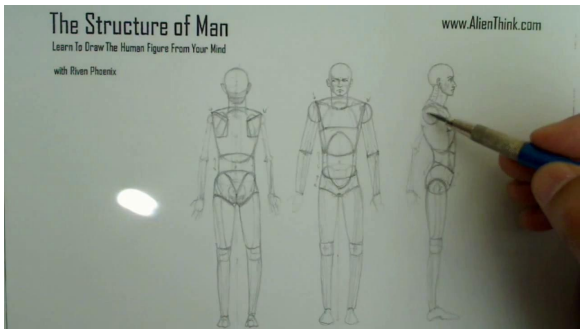
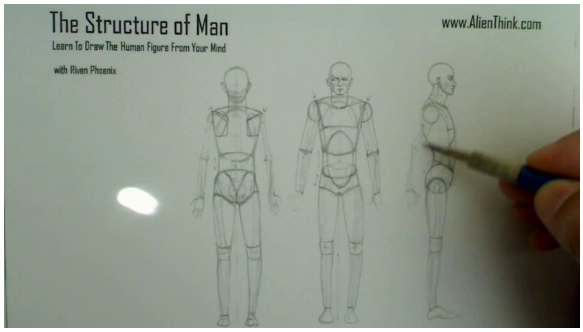
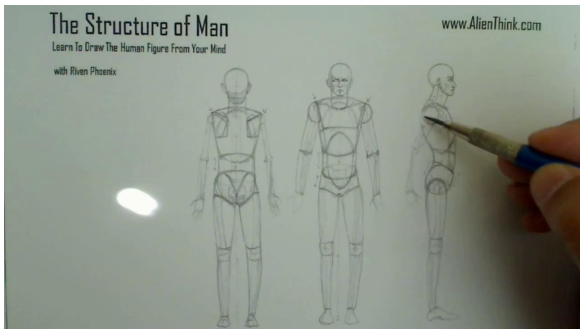
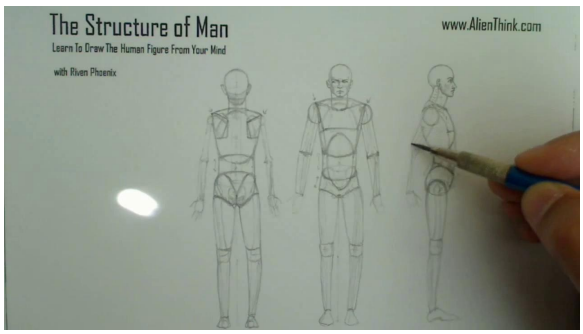
393		This is all going to be a very simple look over here when I do it.
394		I'm just going to do this.
395		I'm not going to worry about connecting it.
396		There's no reason to dive into those ideas, right?

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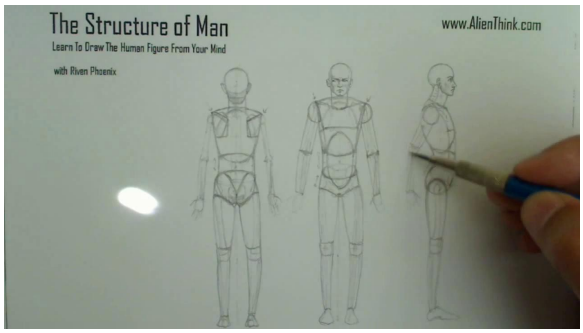
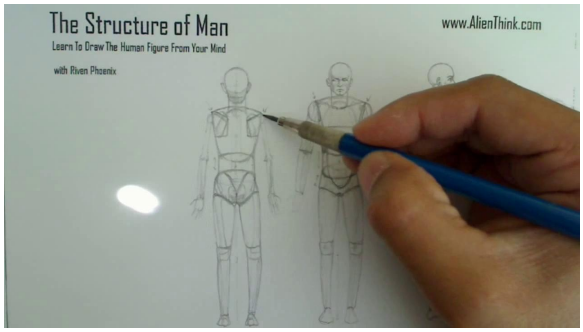
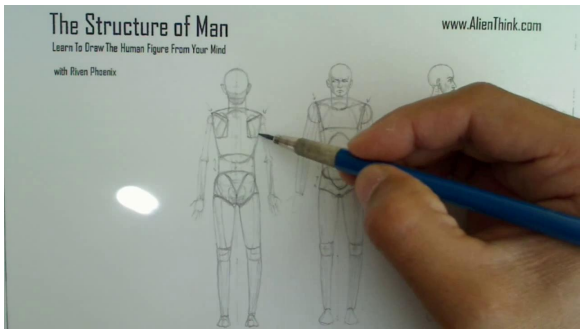
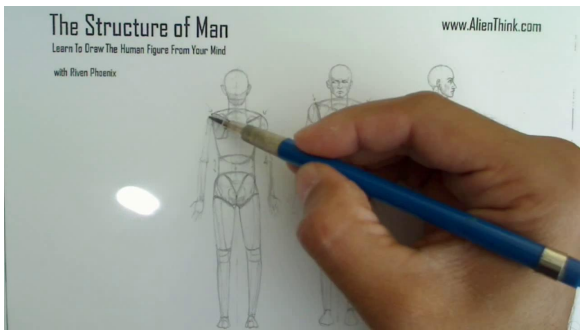
397		But here, you'll see that this is how simple, this is going to be, you know, over here
398		it's the same thing.
399		I know that it's going to be a little bit above, I'm just going to draw out my ball shape
400		over here.

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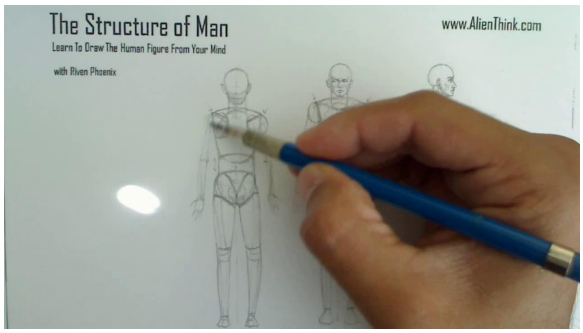
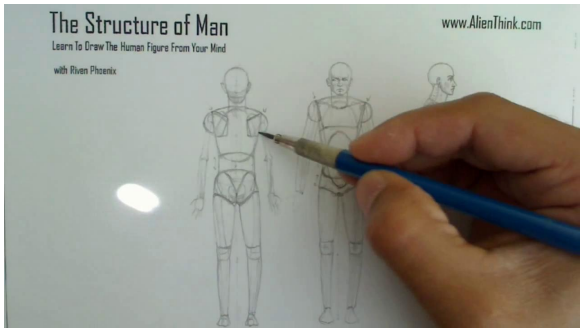
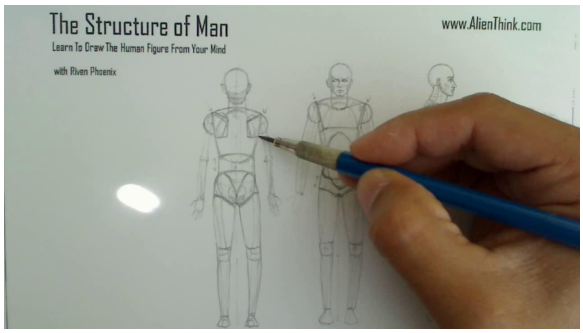
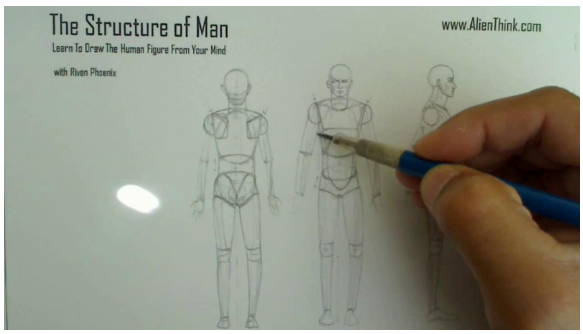
401		I'm going to draw out my ball shape over here.
402		Once I do this, I'm just going to draw the shape over here, right?
403		So but notice what happens over here.
404		This is where I drew the line because we can see it exposed here, the chest cavity is

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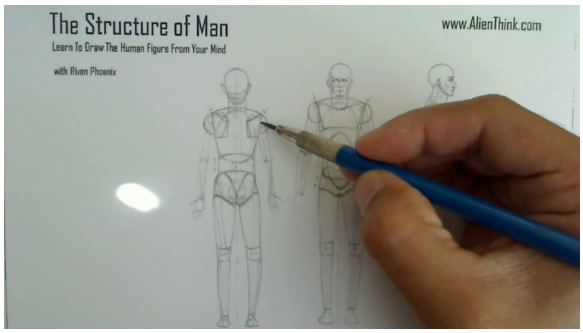
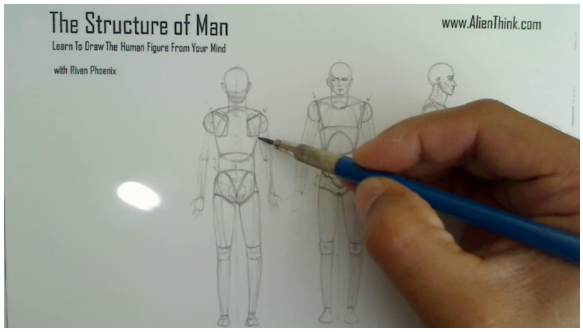
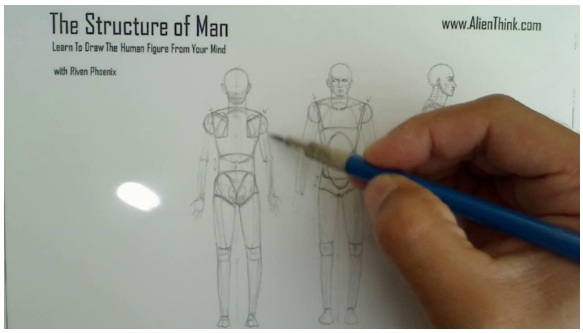
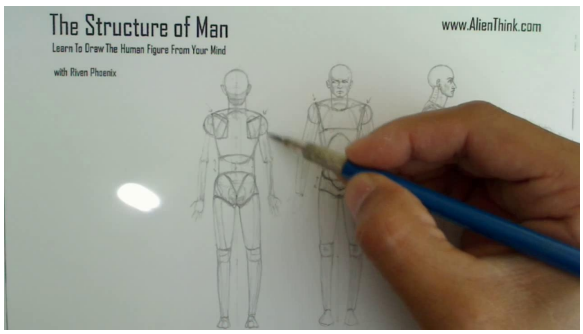
405		here, but because this curves you now begin to understand, okay?
406		I will keep this as a key component because the triceps are going to be buried in here,
407		right?
408		This is what makes the arm look like it's on the back.

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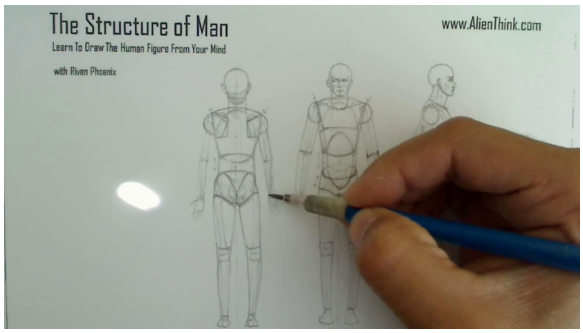
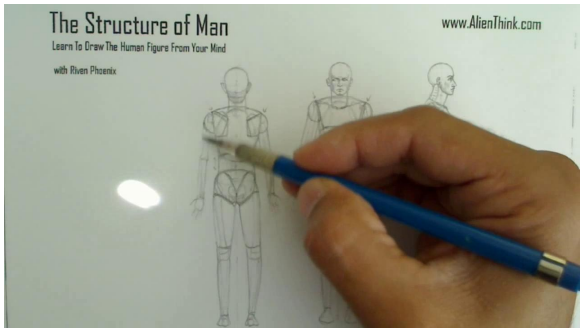
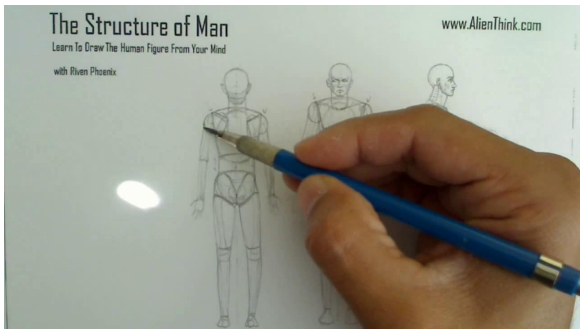
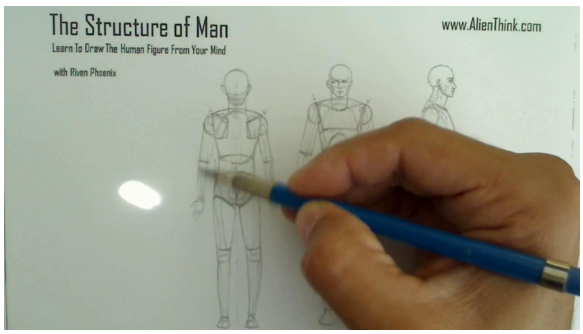
409		That's a characteristic feature of the arm on the back.
410		So here I'm just going to do the same thing.
411		When I draw this line, I'm just making sure that I just do it this way over here, right?
412		And then I'm just going to finish this off.

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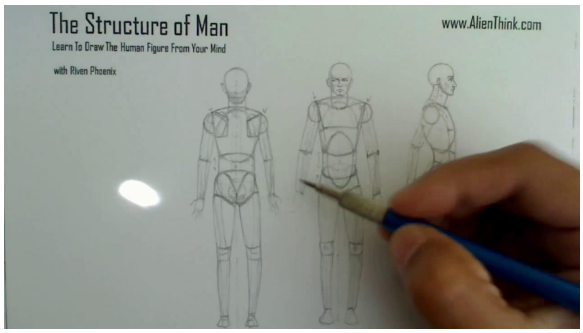
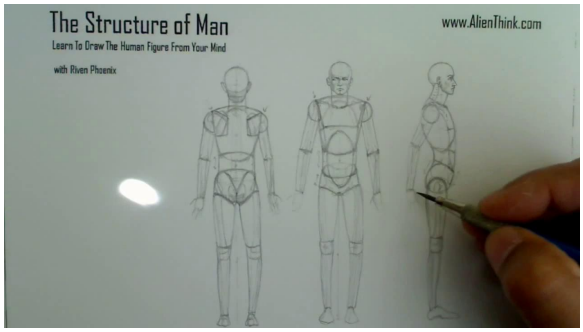
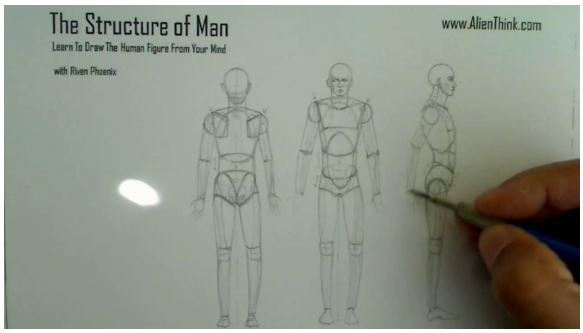
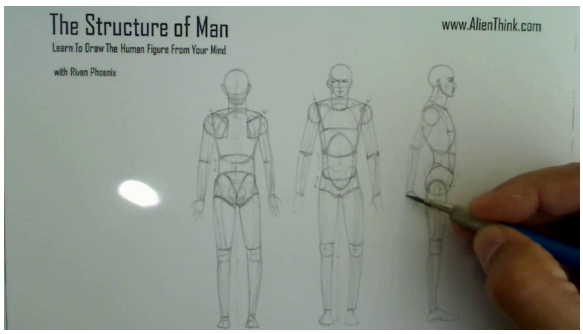
413		So when you come to the hands, right?
414		Here we can now, let's look at this hand here where we had put down like the basic
415		ball structure.
416		It's going to be very simple.

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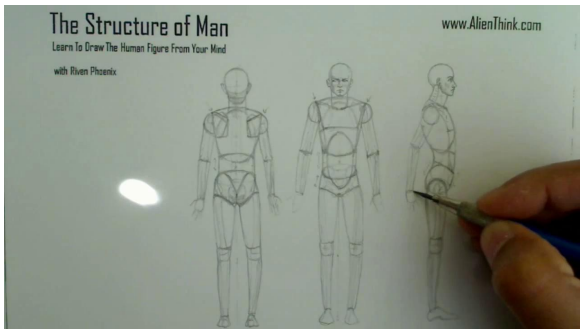
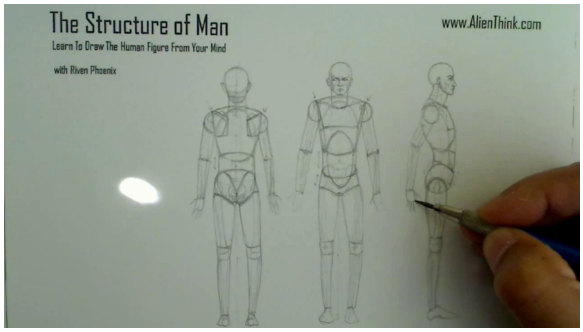
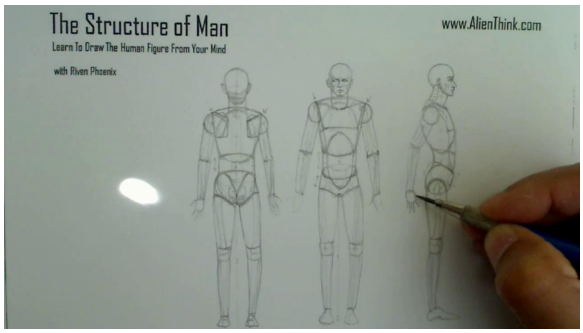
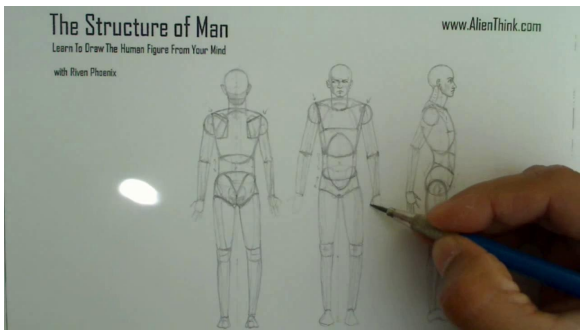
417		We're just going to understand that all we have to do is now draw out everything in basic
418		shapes, right?
419		Here now we can just draw out the hand like this, right?
420		So here we're just going to draw it out here like this and basically over here I'm just

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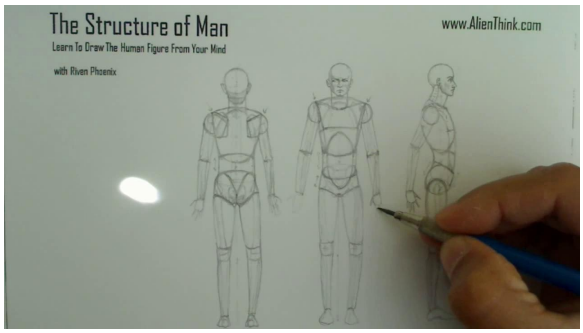
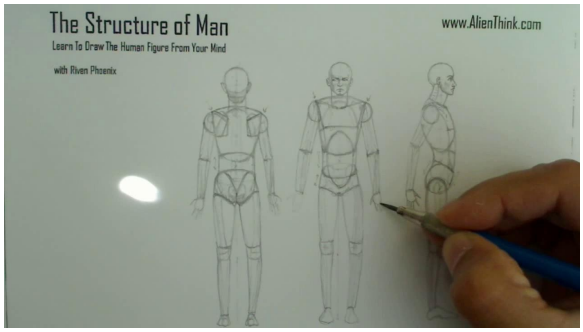
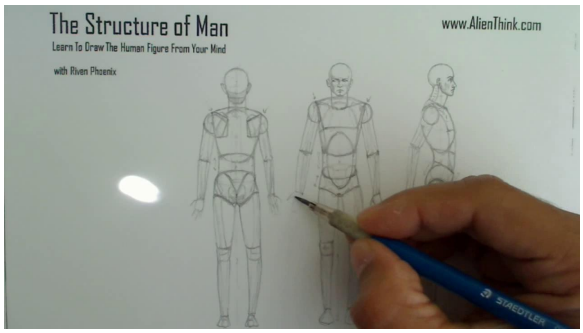
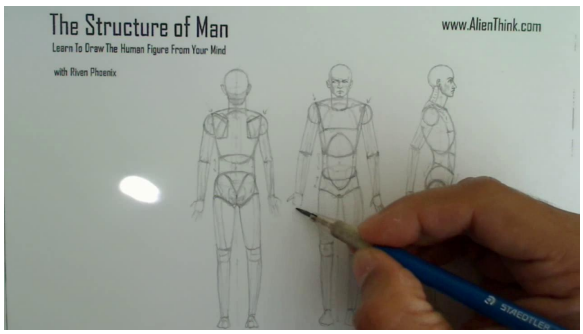
421		going to wing it, right?
422		Understanding how the hand is going to be over here and over here I'm just going to
423		draw it out like this over here, right?
424		Keeping the idea for the palm, draw it like this over here, right?

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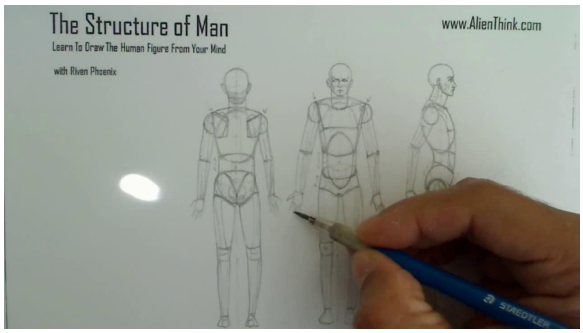
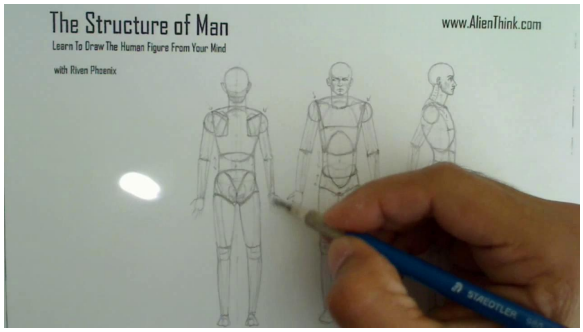
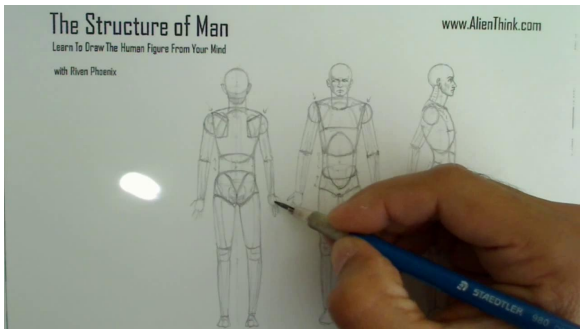
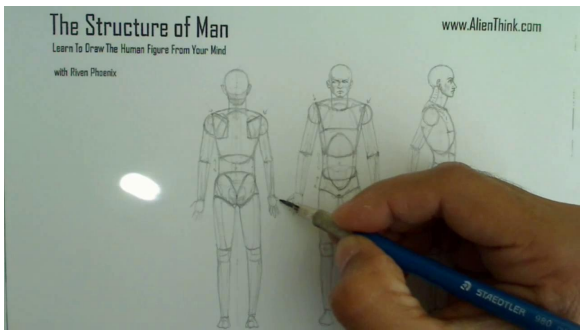
425		We know the ratios of the hand, how this works, right?
426		And then over here, it's going to do the same thing again, just draw out the fingers
427		in this very easy way, right?
428		And we know already how the thumb connects, right?

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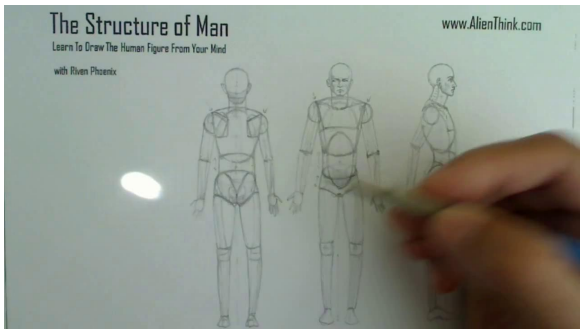
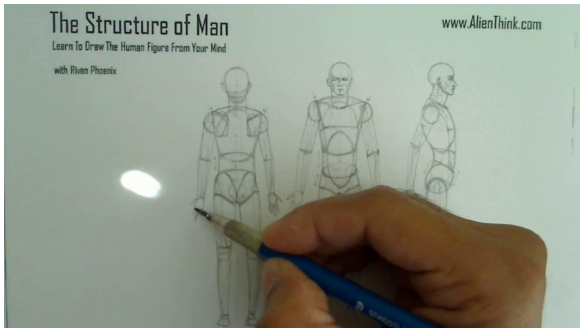
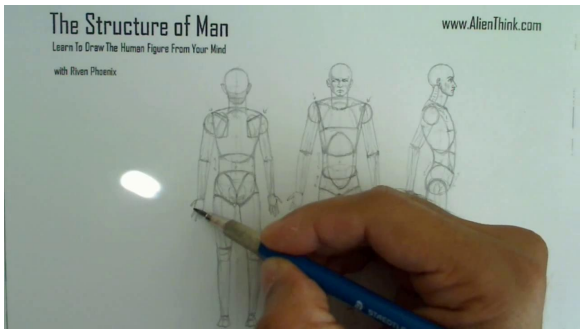
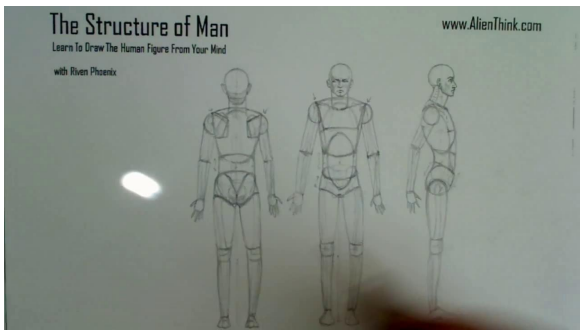
429		There's really absolutely nothing complicated about this concept.
430		Do this, do this, do this, do this and just do this, right?
431		So now you understand how to draw out the hands.
432		So now we have a completed system here, right?

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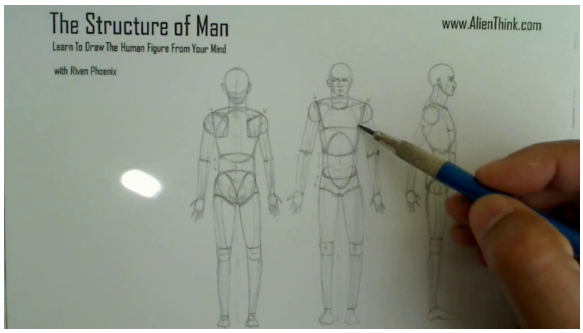
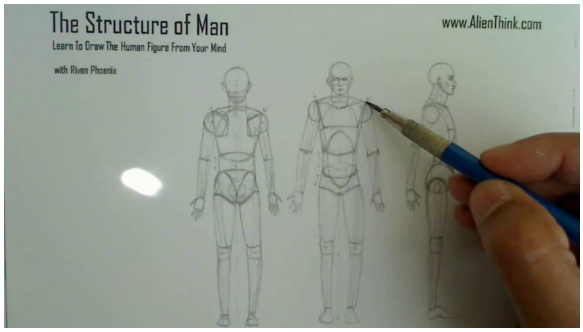
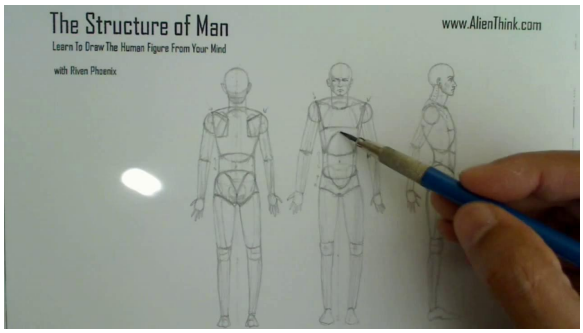
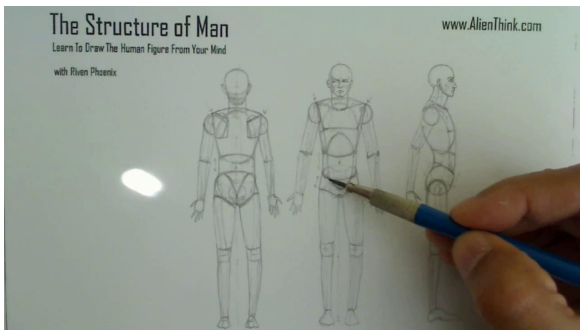
433		The most important thing is to understand, look how we did this here.
434		This is where it's joining, look, this is where my navel is going to be, right?
435		It navel is just based on the measurements, but look where this junction is, right?
436		Here's basically where my junction is going to be for the love handles, and this is going

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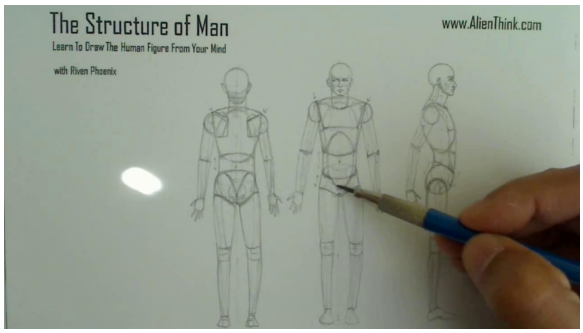
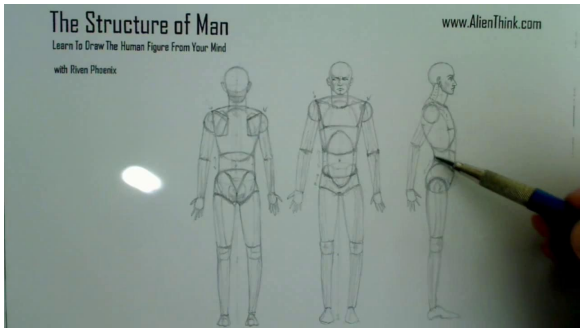
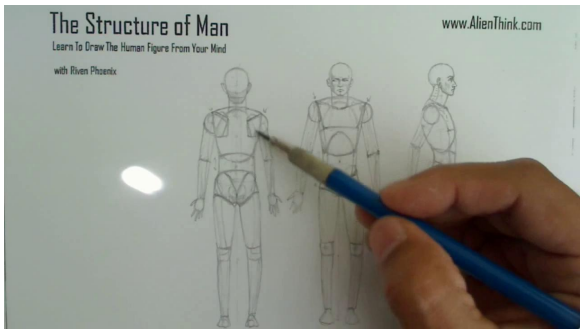
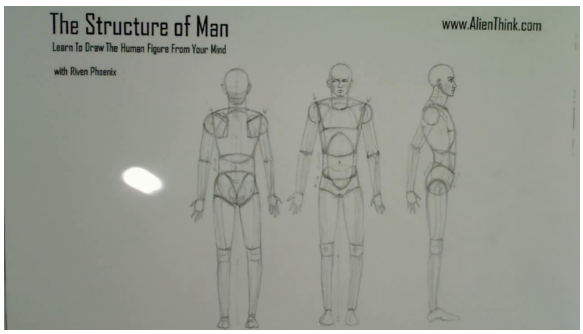
437		to be the abs section here, right?
438		This is the area for the love handles is going to be the abs section here, this is the back
439		and this is what we did over here, okay?
440		So now we're going to, in the next lesson, we're going to understand the power of the system,

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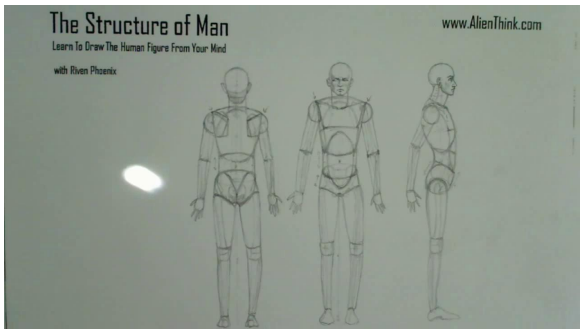
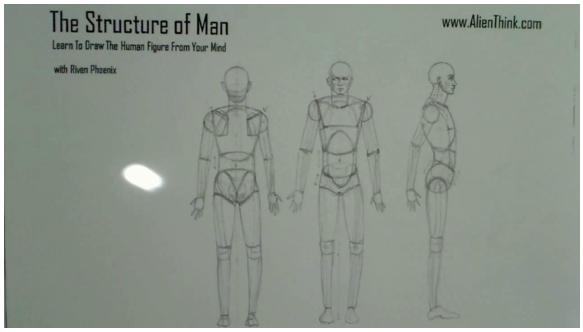
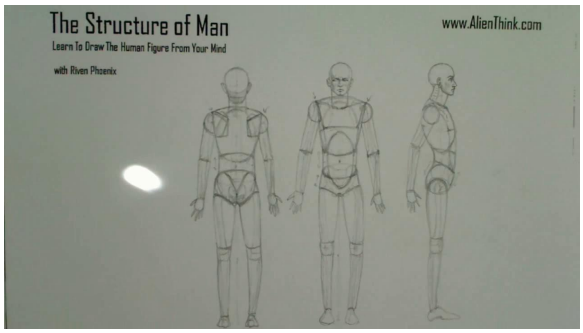
441		right?
442		What's going to happen?
443		So I'll see you in the next lesson.

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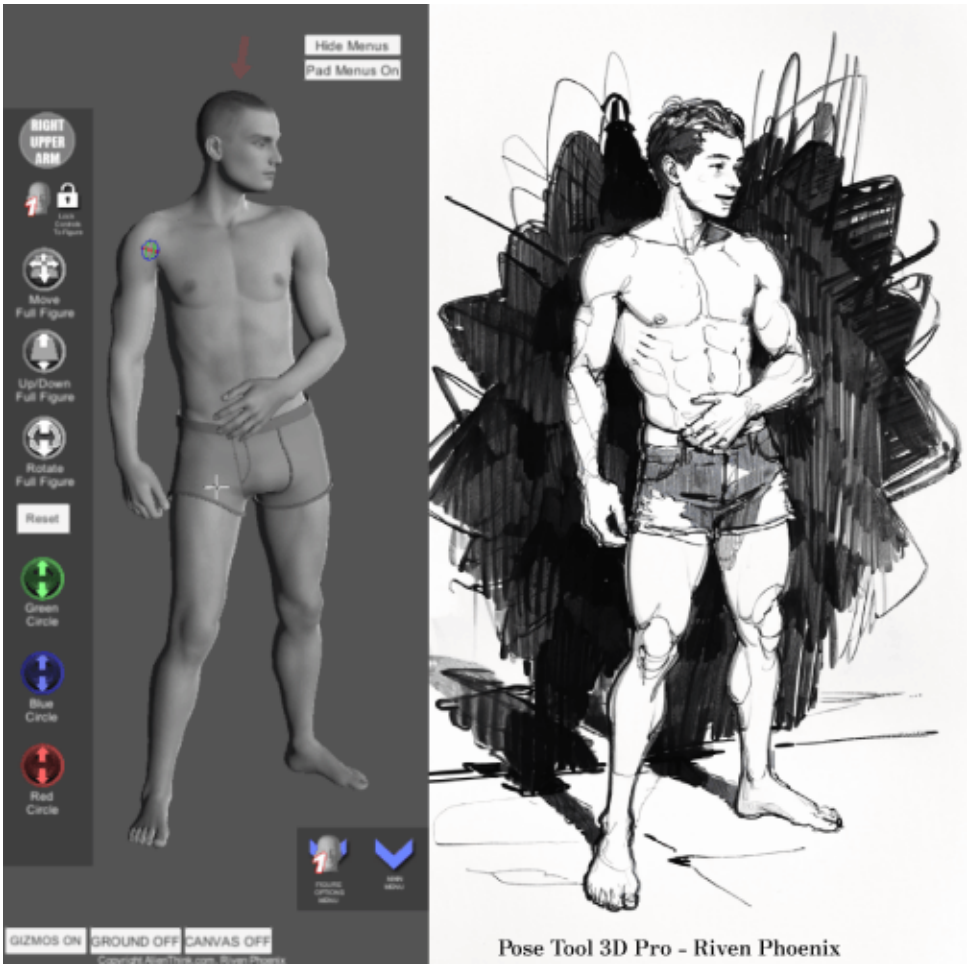

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